

EDMONTON

metro®

Monday, October 25, 2010
www.metronews.ca



News worth sharing.

DON'T JUST DRIVE.
CRUZE

The All-New 2011 Chevrolet Cruze.





Go to getscanlife.com on your smartphone and download the free application.

10 AIRBAGS. 9 LIVES.

10 standard airbags which is more than Civic, Corolla and Mazda3.* Traction control and StabiliTrak, standard. With available OnStar[†] and ultrasonic rear parking assist.

STARTING FROM
\$14,995^{††} MSRP



DON'T JUST DRIVE.
CRUZE
The All-New 2011 Chevrolet Cruze.



CHEVROLET.CA

*Based on latest published competitive information available at time of printing. Excludes other GM models. ††Manufacturer's Suggested Retail Price for base model. Freight, licence, insurance, registration, fees associated with filing at moveable property registry/PPSA administration fees, duties and taxes not included. Dealers are free to set individual prices. See dealer for details.

**CANCER PATIENTS
NEED BLOOD TOO**

Donate Blood

Call 1 888 2 DONATE today
and book your life saving
appointment.

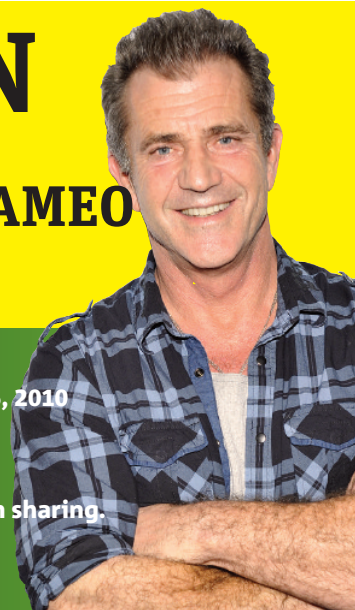
Canadian Blood Services
it's in you to give

1 888 2 DONATE

**DROP-DEAD
GORGEOUS
ACTRESS ELLIOTT
BREAKS MOULD** {page 16}



**GIBSON
CAST SUNK
HANGOVER CAMEO
DISH** {page 17}



EDMONTON

metro

Monday, October 25, 2010
www.metronews.ca



News worth sharing.



Pure. Speculation

Condition critical

- Health care reform expected to top agenda as Alberta legislature begins fall session today
- Sweeping revisions expected to Alberta Health Act

Alberta's opposition politicians say it's time to give up on Premier Ed Stelmach's government ever solving health-care problems, adding they plan to use the fall legislature session to put forward solutions of their own.

"It's clearly a government that's out of ideas, that's tired, and doesn't connect very well with the public," said NDP Leader Brian Mason. "We're going to be bringing forward some specific proposals with respect to where the province ought to go with health care."

A sweeping government revision of the Alberta Health Act is expected to be the centrepiece legislation when politicians return today for the five-week fall sitting.

The bill, to be introduced by Conservative Health Minister Gene Zwozdesky, will enshrine in legislation a set of governing principles and grievance procedures, but won't address specific front-line concerns.

Zwozdesky said last week the government is taking action. He announced it will add another 200 beds to the system and roll out a new strategy to solve emergency wait times.

Government House Leader Dave Hancock said the new Health Act is essential because everyone needs to be on the same road map if they are to successfully implement lasting changes.

"That's really the critical piece of legis-

System under duress

Albertans are dealing with staff shortages, long wait times for surgery and overcrowded emergency wards, a problem highlighted last week by the release of a letter by Dr. Paul Parks, the president of emergency medicine for the Alberta Medical Association.

► In the letter, Parks said severe overcrowding in emergency wards was threatening to cause the system to collapse. Parks said a shortage of long-term care beds was causing the system to back up, with patients who should be in long-term care beds jamming up the acute-care beds, leading in turn to overcrowding in the emergency wards.

lation," said Hancock, noting the changes follow a year of provincewide deliberations with citizens and health specialists.

During the session the government also expects to pass a bill that will impose fines on drivers if they're caught reading, texting, using electronic devices and not paying attention behind the wheel.

There will also be a bill to establish the framework for the province's carbon capture and storage projects.

THE CANADIAN PRESS

Bringing their game to live action

The sixth annual Pure Speculation Festival took place at the Radisson Hotel yesterday.

Downtown arena discussed

Edmontonians to get a glimpse of proposed project {page 3}

Star's saga gets weirder

Actor Randy Quaid wants asylum in Canada {page 13}

LASER VISION CORRECTION

Starting at

\$490



/eye*

All-Laser LASIK available



"For years I skated with the hassles and frustrations of glasses and contacts. In 2005, I had LASIK and the results were fantastic. Thank you LASIK MD, for helping me compete at my very best!"

Joannie Rochette
2010 Olympic Bronze Medalist
6-Time Canadian Champion
2005 LASIK MD Patient

LASIK MD
VISION

FREE Consultation: 780-702-2020

www.lasikmd.com

EDMONTON: 10200 - 102 Avenue, Suite C107

* Prices are subject to change without prior notice. Prices vary based on prescription strength. Applicable to surgery on both eyes only.

Eliminate Back Pain!



New Revolutionary Procedure Finally in Edmonton!

For many years, the Canadian Decompression and Pain Centers (CDPC) have been successfully treating chronic low back and neck pain using a uniquely developed procedure called **Neuro-Decompression**.

In 2006, the technology used at CDPC won the Australian Design Award in the "Medical and Scientific" category.

This revolutionary treatment procedure has consistently achieved great results at CDPC locations throughout Canada. This procedure is a health Canada and FDA approved procedure. Referrals come from surgeons, medical doctors, and other health care professionals across the country, but referral is not required (you can contact us directly).

Neuro-Decompression is a three-phased system that was developed by CDPC doctors.



How Does It Work?

The three phases at CDPC include Neuro-Decompression, Oxygen Enhancement and a unique Neuro-Nutrition phase. The full procedure is performed simultaneously during a patient's treatment.

The three phases combined create a unique treatment procedure offered only at the Canadian Decompression and Pain Centers. All three stages are integral to the system to ensure that the patient's recovery is quick, successful and long term. Many patients feel immediate relief from pain, but the goal of the treatment program is to eliminate pain long term, not temporarily, and to restore and improve the patient's quality of life.

What Are People Saying About the Treatment?

I suffered for four years with severe back pain caused by three compacted discs in the lower lumbar region of the spine. I could only walk for about half a block before the pain set in. I could only stand up for fifteen minutes before the pain would start.

After 22 treatments of decompression, my back pain was gone but I had very sore and stiff back muscles. I then went on a two-week tour of Egypt which entailed walking over uneven ground climbing steps and down into tombs for four to six hours a day. My wife and I were totally amazed there was no back pain; just some sore muscles with very slight discomfort. This was over a month ago and I'm still doing great.

I would not hesitate to recommend Canadian Decompression and Pain Centers to anyone. I have received excellent treatment from all clinic staff.

- Clifford (Ben) Shindell, Edmonton

I have had a lot of problems with my lower back and with my sciatic nerve...I heard about CDPC and made an appointment...I progressed from severe pain to very little pain over the treatment program! I would recommend this treatment to anyone having lower back problems.

- Kenneth R., Edmonton

I was experiencing stabbing pains in my lower back. After six treatments, the pain was gone and I had more mobility. I was recommended by a neighbour and have already suggested this treatment to a friend with back problems.

- Carol Poffinroth, Edmonton

I am very grateful to the doctor's and staff at the CDPC. After 20 years of back pain I was so fortunate to receive the decompression treatments. I am now pain free after 20 sessions. The staff is great!! They are caring and compassionate people.

- Rudi Marczak, Edmonton

I heard about CDPC from a friend who had read an ad in a newspaper. I had terrible lower back pain which I discovered was being caused by three herniated discs with one pinching my sciatic nerve causing excruciating pain and numbness in my feet and also causing drop foot. I was to the point of using a cane to get around. To this point I had tried chiropractor, massage, and physiotherapy who suggested an MRI, which I had.

I then called CDPC to have the consultation and they were sure they could help me. I started taking my first treatments the first week of November - four treatments per week with a total of twenty. After the first four treatments I felt some relief of pain and after 12 treatments was able to get along without the cane. I have now finished my treatments and I feel 100% better and am able to enjoy life. I would like to give a special thank-you to the staff of CDPC for their compassion and care to me as their patients. I would highly recommend them for anyone's treatment.

- Ron Kelly, Edmonton

I worked in the machine industry as a machinist for over forty years. I have had a lot of problems with my lower back in the L4, L5 area and with my sciatic nerve over the last five years.

When I heard about CDPC I made an appointment to have my back checked. They set me up on a twenty week program. I progressed from severe pain to very little pain over the treatment program. I would recommend this procedure to anyone having lower back problems. I would like to thank the doctors and staff of CDPC for helping me with my lower back.

- Kenneth R., Edmonton

CONDITIONS TREATED:

- Disc bulge or Herniation
- Spinal Stenosis
- Sciatica
- Neck Pain
- Radiculopathy (pinched nerve)
- Carpal Tunnel Syndrome
- Osteoarthritis
- Fibromyalgia
- Degenerative disc disease
- Scoliosis

www.canadiandecompression.com

Edmonton - 11044 51st Ave Pleasantview Building - Unit 301 - 780.433.0555

Calgary - 1600 90th Ave - Unit A306 - 403.452.9977

North Calgary - 2675 36 St NE - Unit 515 - 403.452.5600

Location in Saskatoon now open!

**FREE CONSULTATIONS
780.433.0555**



Councillors to take their oaths

Edmonton's new city council will be sworn into office in a ceremony at city hall tomorrow.

Justice Don Manderscheid will administer the Oaths of Office and Lynda Steele of Global News will be the emcee.

The ceremony takes place at 1:30 p.m. and will be available to the public through a live webcast linked from the front page of www.edmonton.ca

● METRO EDMONTON

METRO EDMONTON FILE PHOTO



Two bodies found near Millet

Wetaskiwin RCMP are investigating a pair of suspicious deaths after two bodies were found on a rural property east of Millet.

Police responded to a request to check on the general welfare of the residents of a rural home around 9:40 a.m. yesterday. Officers surrounded the home two kilometres away from the small town south-east of Leduc and, after gaining access to the property, found the two bodies.

RCMP are treating both deaths as suspicious and are withholding the names and details of the deceased until they've been positively identified.

The investigation continues. ● METRO EDMONTON



► An artist's rendering of what the proposed arena district could look like.

To build or not to build?

► Arena district could change the face of downtown ► City looking for public opinion ► Edmontonians will be able to have their say next week



ANDREAS MORSE
@METRONEWS.CA

Dan Shaw said business would easily quadruple at his downtown pub if the Katz Group gets its way and builds an arena district in downtown Edmonton.

Shaw is the general manager at Rose & Crown on 102 Avenue and 101 Street. He said the bar is already busy but the extra business an arena district would attract has the GM

seeing dollar signs.

"I'm busy right now. I'm packed at cocktail hour, packed at lunchtime," Shaw said. "Business would easily go up three to four times (if the arena district was built) because every given night there'll be a concert or a hockey game. These stadiums don't sit empty."

Starting next week, Edmontonians will have a chance to learn more and give feedback on the proposed downtown sports and entertainment facili-

ty.

Bob Black, Katz Group's vice-president of sports and entertainment, said the public consultation process is integral to ensuring the district is right for Edmontonians.

"This is one of the most important conversations we have had in Edmonton for a long time," Black said. "It's a conversation about much more than an arena. It is a conversation about what kind of future we wish to have for our city."

Open houses

► Four public open houses are scheduled in November, and an online questionnaire and information website will be launched Oct. 28 at www.edmonton.ca/downtownarena
► Open-house dates are Nov. 9, 15, and 17 at Grant MacEwan University's Robins Health Learning Centre, and Nov. 10 at Santa Maria Goretti Community Centre.

1

news


The names have changed, but U.S. politics remains an 'arena' for angry minds. Scan code for story.

- 1 Download the free ScanLife application with your smartphone at 2dscan.com
- 2 Use the ScanLife application on your smartphone to scan 2D barcodes in Metro
- 3 The codes will direct your mobile browser to relevant content at m.metronews.ca

On the web at metronews.ca

Guidy Mamann on what those behind the human-smuggling bill can learn from a tragic story in Nazi Germany. More at metronews.ca/immigration

Follow us on Twitter @metroedmonton

NEW
OATMEAL-like you've never tasted before

Quaker® Oatmeal frothed with skim milk and topped to perfection.

Present this Ad at your local Timothy's to receive \$1.00 OFF Oatmeal.

Offer expires November 8, 2010. Must submit coupon at time of purchase. Cannot be combined with any other offer. Valid at participating locations only. No cash value. PLU 2093



www.timothyscaves.com

Frat members silent

- Footage was secretly taped during a four-day hazing event in January
- Pledges allegedly shouted at, insulted and threatened with violence



KATHY LE
EDMONTON@METRONEWS.CA

It was quiet around the Delta Kappa Epsilon frater-

nity house yesterday, despite the attention that has swirled around the fraternity since the rise of allegations that Deke members put new mem-

bers through disturbing hazing rituals.

A video source suggests pledges were coerced to eat their own vomit, confined to small spaces and

deprived of sleep.

Members of the fraternity did not want to comment on the accusations, and still refused to speak to Metro yesterday.



► The Delta Kappa Epsilon fraternity house.

KATHY LE/FOR METRO EDMONTON

GREAT WEST TRUCK CENTRE 17817 Stony Plain Road
...3 Minutes North Of West Edmonton Mall

CREDIT APPROVAL: TOLL FREE 1-866-284-8222 • LOCAL 780-483-2304

Great Selection of Pre-owned Low Km 1500, 2500, 3500



**2010 RAM
1500 4X4
QUAD SXT**
#R0818
\$27,998
\$169/BW



NO CHARGE
CUMMINS or DODGE HEMI
220 RAM TRUCKS AVAILABLE

**NO CHARGE CUMMINS
TURBO DIESEL ENGINE**
\$9,245 VALUE!

**2010 Truck of the Year
DELIVERS HEAVY DUTY VALUE!**



**2010 DODGE 3500 MEGA CAB
LARAMIE DUALY DIESEL**
\$49,988
\$163/WK

**INTRODUCING
CUSTOMER
CHOICE
FINANCING**
THE NEW WAY TO
OWN A VEHICLE.

- Lower payments compared to traditional financing or leasing
- Return the vehicle hassle free at the end of 3, 4 or even 5 years!
- Weekly payment options



**2010
RAM 2500
CREW CAB**
#R00510. Auto, 4x4
\$35,298
\$215/BW

**WE
STILL
ACCEPT
CASH**

If you need to know about trucks...

WE CAN HELP YOU
WE SELL NEW & USED

Call PAT: 780.940.3350
Call AL: 780.909.9426

**SPECIAL
FINANCING
FOR
RANCHERS
FARMERS
OILFIELD
CONSULTANTS
LUMBER
MINING**

*PRICES REFLECT ALL REBATES TO CASH AND INCLUDE FREIGHT AND PDI, TAXES AND FEES EX-TRA. 2010'S QUOTED RATES AT 3% FOR 84 MONTHS OAC. SEE DEALER FOR DETAILS. VEHICLES MAY NOT BE EXACTLY AS ILLUSTRATED.

Woman killed after car hits traffic light

Alcohol and speed are factors in a fatal crash that claimed the life of an Alberta woman Saturday, according to RCMP.

The crash happened just after 9 p.m. at the intersection of Highway 11 and Highway 20 near Sylvan Lake, about 150 kilometres south of Edmonton.

By the time Mounties and Lakeside EMS and members of the Sylvan Lake fire department arrived at the scene of the single vehicle collision, the driver, a 43-year-old woman from Ashmont, was already dead.

A passenger in the car, a 51-year-old man from Eckville, sustained serious but non-life-threatening injuries and was taken to the Red Deer hospital for treatment.

According to police, the woman was driving west on Highway 11 and hit a traffic light standard at Highway 20.

The vehicle was badly damaged and emergency crews found it resting in a nearby ditch.

No names have been released as RCMP continue to investigate.

● METRO EDMONTON

YELLOWHEAD TRAIL

Collision lands one person in hospital

One person is in hospital after a collision on the Yellowhead Trail early Saturday morning.

The crash occurred near 184 Street in the westbound lane at about

2:30 a.m. when police said a Mazda Protégé crashed into a light pole.

"There are no charges laid at this time," EPS Sgt. Dave Thompson told media Saturday.

"But alcohol is being looked into as well as excessive speed."

One person was airlifted to the University of Alberta hospital after being trapped inside the car. Two other people were treated and released following the crash.

● METRO EDMONTON

Syncrude gets \$3M penalty

Syncrude Canada was handed the heaviest environmental penalty ever levied in Alberta on Friday.

The oilsands giant was hit with \$3 million in fines for the deaths of 1,600 ducks that landed in one of its toxic tailings ponds near Fort McMurray in 2008.

● METRO EDMONTON

Chill on the way for Edmonton

Edmontonians have enjoyed an unusually warm October but over the next few days, that could change.

The city's first snowfall of the season happened on Sunday morning but the rain and snow mix didn't last long.

More flurries are expected today, however.

● METRO EDMONTON

How can you save \$1,500* extra a year?

You can start by starting.

Start with this fact: nearly $\frac{3}{4}$ of Canadians say they'd feel better if they could save \$1,500 or more a year.

At Scotiabank, making a commitment to save is easy because we make saving automatic. We help you start by saving every time you pay with your debit card, your credit card and with every paycheck. So you save every day, every week and every month, effortlessly. Now there's a start.

Visit a Scotiabank branch today and *Let the Saving Begin*™.



letthesavingbegin.com

You're richer
than you think.®



Scotiabank®

* Suggested savings amount is not guaranteed and is based on enrollment in the Bank The Rest® savings program, pre-authorized contributions and a Scotia Momentum® VISA® card. Actual savings will depend, in part, on each individual's financial situation. † Visa Int/Lic. user, The Bank of Nova Scotia. ‡ Offer available from July 5 to October 31, 2010. Maximum bonus \$150. Offer may be changed, extended or withdrawn at any time without notice. Terms and conditions apply. See us for details or visit letthesavingbegin.com ® Registered trademarks of The Bank of Nova Scotia. ™ Trademark of The Bank of Nova Scotia.

CONTRIBUTED
Petition against the creation of an Edmonton Oilers

View Current Signatures - Sign the Petition

Thank you all for taking the time to sign this and make comments. Although we understand that these signatures most likely won't change the decision to provide a venue for those who don't support the idea that the cheer team was created in response to fan demand.

To: The Edmonton Oilers

We, the undersigned fans of the Edmonton Oilers National Hockey League Team, are opposed to the formation of a cheer in following reasons:

- 1) We, the undersigned, do not believe that a cheer team will POSITIVELY amplify the in-game entertainment lineup during
- 2) We, the undersigned, believe that a cheer team will hinder the TRADITIONAL Edmonton Oilers home game experience
- 3) We, the undersigned, believe that men AND women are Edmonton Oilers fans, and that cheer teams are perceived by some contributing to the objectification of women
- 4) We, the undersigned, hold the ownership and management of the Edmonton Oilers to a higher standard, in trusting them to experience of attending a National Hockey League game by using gimmicks and excessive in-game entertainment that would

Sincerely,

▶ The online petition against the Oilers' cheer team.

Jeers for cheerleaders

▶ Hundreds of fans hit the Internet to say they're against the new Oilers cheerleading team ▶ Twenty-three U.S.-based teams have cheer squads



ANDREAS MORSE
@METRONEWS.CA

Almost 600 Edmontonians have signed an online peti-

tion saying they don't want cheerleaders at Edmonton Oilers hockey games.

Since an online petition was launched on Friday, 589 people have signed.

The Oilers will be the first Canadian NHL team to launch a cheer team, joining 23 other American NHL clubs.

Women interested in

joining the cheerleading team are invited to attend an information session on Tuesday evening. Auditions follow at the end of the month.

NEW START AUTO CREDIT WE DON'T SAY NO WE DON'T KNOW HOW

2010 Ford Fusion AWD



WOW

#BM2520

\$170/BW

\$25,995

2005 Dodge SRT 4, #LI0249B



\$119/BW \$12,499

2010 Jeep Liberty 4x4, #BM2521



\$162/BW \$24,858

2008 Mitsubishi Lancer ES



Heated Seats!

#K90827A

\$115/BW

\$15,888

2009 GMC 1500 Sierra 4x4



Won't Last Long!

#BM2521

\$144/BW

\$21,988

2006 Nissan Xterra 4x4, #BM2515



\$161/BW \$20,588

2006 Volkswagen Jetta, #TI0237A



\$116/BW \$15,995

2008 SLT 3500 Dually Diesel



6.7L

#BM2519

\$290/BW

\$39,995

Example BM2520 2010 Ford Fusion AWD based on 96 month term @6.75% OAC. Prices do not include tax or fees. Vehicles not exactly as shown.

Geeks of every stripe hit sci-fi fest

300 The estimated number of people who attended the Pure Speculation festival.

the game real," he said. "It gives us a chance to go out and find people that we know that enjoy the same things we do."

Getting people together who share the same interest is the drive for the festival.

"We decided that Edmonton really needed a convention and festival that incorporated all the various gaming groups and all the fan groups around town who don't really talk to each other," said Stanley Woo, events co-ordinator.

No matter how weird a fantasy or interest may be, guests will definitely find a place at Pure Speculation.

● KATHY LE

The Radisson Hotel transformed into a giant conglomeration of geekdom this past weekend at the sixth annual Pure Speculation Festival.

Dozens of vendors displayed everything to satisfy gamers, comic lovers, sci-fi movie, television and book fans, and live action role playing (LARP) fans.

Joel Leckie, who also goes by his character name Caillas Dwin'anea, explained why he enjoys LARP over traditional video games.

"It's the people interaction as well because it's the characters that make

Local doctor's imaging prototype wins accolades

Hard work does pay off.

Dr. Gino Fallone, a medical physicist from the Cross Cancer Institute, was recognized and honoured by the Italian community at the Italian Culture Centre this past weekend for his research.

His prototype linac-MR system is the first machine in the world that

takes images of tumours while linac radiation is being delivered.

The machine allows doctors to see tumours clearly while minimizing the margin of health tissue receiving radiation.

Fallone will be inducted into the knighthood in Italy at a later date.

● METRO EDMONTON

News in brief

Driver charged in Red Deer

CRIME. Police in Red Deer have laid charges against a 25-year-old man in connection with an incident that saw an RCMP officer pinned by a truck.

Justin Stead is facing numerous charges, including assaulting an officer and impaired driving causing bodily harm, after the incident on Friday. ● METRO EDMONTON

Union to MLAs: Keep health care public

LABOUR. Members of Alberta's largest union wants MLAs to consider them before amending the Alberta Health Act.

Alberta Union of Provincial Employees president Guy Smith told media that even though the province has committed to publicly funding health care, the government needs to publicly deliver it as well. ● METRO EDMONTON

WEST SIDE MITSUBISHI

www.westsidemitsubishi.com 17920 100 Avenue

3 minutes North of WEM on 100th Avenue

PLEASE CALL JOHN AT: **780-701-0512** Toll Free 1-877-817-4001



WEST SIDE MITSUBISHI

Mon-Thurs 9am-9pm
Fri-Sat 9am-6pm
Sunday 11am-5pm

PROUD SPONSOR OF
YACHIMEC GROUP
"driven by you"
www.getamitsu.com

Warning labels could help stop DUIs: MADD

► MLA mulls putting forward motion to label liquor bottles with health warnings



KATIE TURNER
EDMONTON@METRONEWS.CA

Warning labels on liquor bottles could be another step in preventing drunk driving, according to a spokesperson for MADD.

In an attempt to prevent drunk driving, MLA Moe Amery is considering putting forward a motion to have warning labels placed on liquor bottles.

Denise Dubyk, national president for MADD Canada, said any initiative to create safer roads is a good thing.

"It's a reminder that yes there are consequences," she said. "I think that any-

Tobacco

Health warnings on cigarette packages are mandatory under Tobacco Products Information Regulations. The warnings were adopted in 2000 under the Tobacco Act.

thing that reminds people not to drink and drive is a positive thing."

Amery said the intent would not be to deter people from buying liquor, but rather to remind them not to drive drunk.

"I'm not saying to people don't drink, what I'm saying is don't drink and

drive," said Amery. "We have warning signs on cigarette packages about health about sickness ... and I thought drinking causes similar problems," he said.

"How effective is that going to be? I'm not sure. I haven't seen any statistics as to the effectiveness of the labelling on the cigarette packages," said Amery. "I've seen some very ugly pictures on those packages of cigarettes but I still see people smoking."

Amery said the motion won't be presented until spring at the earliest.

"If that motion would help to save one life the mission has been accomplished."



THE WAY WE GREEN

PRESERVE AND SUSTAIN EDMONTON'S ENVIRONMENT

Are you concerned about Edmonton's Environment?

The Way We Green Public Forum

Learn. Discuss. Contribute.

Wednesday, November 3, 4 p.m.—8:30 p.m.

Thursday, November 4, 7:30 a.m.—6 p.m.

The City Room, Edmonton City Hall

For more information

www.edmonton.ca/TheWayWeGreen



TRANSFORMING EDMONTON
BRINGING OUR CITY VISION TO LIFE



Home Phone Lines

comwave
Enhanced
\$14.95
/month

12 FREE FEATURES
INCLUDING

Caller ID, Call Forwarding,
Voice Mail, Call Waiting
... and much more

comwave
Unlimited Canada
\$19.95
/month

UNLIMITED
Calling to Canada
PLUS

• 12 Free Features Including:
Caller ID, Call Forwarding,
Voice Mail, Call Waiting
... and much more

comwave
One-Rate
\$29.95
/month

UNLIMITED
Calling to Canada
and U.S.A.
PLUS

• 12 Free Features Including:
Caller ID, Call Forwarding,
Voice Mail, Call Waiting
... and much more



ADD
UNLIMITED INDIA
TO ANY COMWAVE HOME PHONE PLAN

\$19.95
/month

FREE VoiceMail
FREE Caller ID
FREE Call Waiting
And much more!



LIMITED TIME OFFER
6 MONTHS
FREE

780-665-1805
comwave

www.comwave.ca

While Comwave strives for accuracy in our advertising, Comwave reserves the right to correct any error in pricing or information at any time. HOME PHONE LINES: VoIP 911 has certain limitations versus traditional 911. Unlimited Canada plan does not include calls to the Yukon, Nunavut or N.W.T. One Rate plan does not include calls to the Yukon, Nunavut, N.W.T. Hawaii or Alaska. The rates are based on a 3 year term. Rate guarantee is based on competitors lowest advertised rate for like services. \$19.95 Unlimited calling to India can add to any Comwave Home Phone Plan and it is limited to 3000 minutes per month. Unused minutes do not roll over to the following month. The 6 months free promotion does not apply to the Global Home Phone Plan. Limited to 3000 minutes per month. The rates are based on a 3 year term. 6 Months Free - You get 3 months free immediately upon activation of the service. Get an additional 3 months free if you transfer your existing Home Phone Line to Comwave within the first 3 months. Terms and conditions apply, see www.comwave.ca for details.

Khadr's lawyer denies deal in war crimes trial

► Court appearance expected today, says his defence team ► Civil- and legal-rights groups condemn process

A possible agreement by Guantanamo Bay's youngest inmate to plead guilty to war crimes hung in the balance yesterday with his Canadian lawyer emphatically denying a deal had been struck.

With prosecution and defence set to huddle with the presiding judge, lawyer Dennis Edney did suggest Omar Khadr would have little choice but to admit guilt when his military commission trial resumes today.

"All I can tell you is there's trial (today) and there's no deal in place as of this particular moment," Edney said.

Khadr's lawyers have previously confirmed plea

On trial:

Now 24, Omar Khadr has been in U.S. custody since he was captured in Afghanistan at age 15.

- Pentagon Has charged him with five war crimes.
- Allegation Among other things, the U.S. accuses him of throwing a grenade that killed special forces Sgt. Chris Speer and blinded former sergeant Layne Morris.

talks were underway but refused to provide any details. However, according to numerous reports, a proposed deal would see Khadr plead guilty in ex-

change for serving another eight years in custody, most of them in Canada, on top of the eight he has already spent in prison.

U.S. Secretary of State Hillary Clinton spoke to Canadian Foreign Affairs Minister Laurence Cannon on Friday, apparently to press the government of Prime Minister Stephen Harper to agree to repatriate Khadr.

With Guantanamo's lone westerner facing a possible life sentence if convicted at trial, Edney suggested his client's best hope of eventually seeing freedom would be to plead guilty before a trial.

THE ASSOCIATED PRESS

Cholera closes in on Haiti camps

A spreading cholera outbreak in rural Haiti threatened to outpace aid groups as they stepped up efforts, hoping to keep the disease from reaching the squalid camps of earthquake survivors in Port-au-Prince.

Health officials said Saturday at least 208 people had died and 2,674 others were infected in an outbreak mostly centred in the Artibonite region north of the capital. But the number of cases in towns near Port-au-Prince were rising, and officials worried the next target will be hundreds of thousands left homeless in January.

THE ASSOCIATED PRESS

5 Red Cross spokesperson Julie Sell said teams would begin teaching people in refugee camps how to prevent cholera — starting today, Day 5, after the outbreak. "We're taking this very seriously," she said.



► Astronauts, left to right: Frank De Winne and Lena, Julia Romanenko and Roman, and Brenda Biasutti with Canadian astronaut Bob Thirsk.

LIFE WITH ASTRONAUTS CONFESSIONS OF A SPACE SPOUSE

Imagine being barred from giving your own mother one last hug before going into space.

That's what happened to Canadian astronaut Bob Thirsk in May 2009, just before blast-off into space aboard a Russian spacecraft.

The incident is just one of many emotional moments recounted in *My Countdown*, a new book written by Lena De Winne — wife of the Eu-

ropean astronaut Frank De Winne, who flew with Thirsk.

Lena De Winne said she wrote her book to show the human side of space flight.

Thirsk's wife of 25 years, Brenda Biasutti, said having her husband "literally off the planet required redefining the meaning of loneliness, separation and distance."

THE CANADIAN PRESS

SPECIAL REPORT BROUGHT TO YOU BY RBC

Children's Mental Health

Teenage Depression: Separating Myth from Reality ~ By Dr. Amy Cheung



Adolescence is a challenging time. Dealing with physical, emotional, and hormonal changes while trying to balance school, work, friends and family can be stressful for anyone.

Now take all these daily pressures and combine them with feelings of sadness, irritability, low energy and motivation, poor concentration, sleep disturbance (too much or too little), change in appetite and even thoughts of death.

Mental illness such as depression often goes unnoticed in teens, and is sometimes dismissed as typical teenage moodiness. The truth of the matter is that it is a condition that can have serious effects on the lives of those suffering from it. Here are some common myths about teenage depression.

Myth #1: The majority of adolescents will go through at least one significant period of depression in their lifetime.

Reality: Depression does not affect the majority of teenagers. Only about 1 in 10 people will face an episode of clinical depression during their high school years.

Myth #2: Depression will usually lift spontaneously in two to three months.

Reality: While depression can lift spontaneously, it often takes up to two years for this to happen. Teens who do not receive the appropriate treatment will suffer with the illness for an extended period of time, and evidence shows roughly 60 per cent of youth with depression will experience another episode of depression either as a teen or as an adult.

Myth #3: Getting adolescents to talk about their depression will worsen their condition.

Reality: Talking with a teen about their depression should be encouraged. It has been proven to be one of the most effective treatments for the condition and in most cases, is even as effective as medication.

Education and acceptance of teen

depression is critical. It is serious and should be treated like any other medical condition. Teens suffering from depression need a solid support network. Parents and mentors need to know that there are many resources available like social workers, family doctors, local hospitals, children's mental health centres, and support groups.

For more information, visit: www.rbc.com/childrensmentalhealth



RBC
Children's Mental
Health Project

Enough drunks on road to clog courts: Study

► National report reveals men most often involved in impaired driving incidents ► Numbers vary by region

Courts, police forces and jails could be overwhelmed if the federal government ever lowered the criminal drunk-driving threshold, says an internal study by the federal Justice Department.

Cutting blood-alcohol limits for Canadian drivers to the level established in many other countries would likely double the number of cases in a justice system already struggling with the current caseload, it warns.

The internal study by Andre Solecki, of the department's Research and Statistics Division, mined existing justice databases but also contacted eight

.08
The current drunk-driving threshold is 80 mg of alcohol per 100 ml of blood. Provinces impose a lower threshold of .05 per cent, which allows police to seize licences and tow vehicles without charging the operator with criminal drunk driving.

police forces — from Vancouver to Toronto — for raw data.

The analysis of 2007 statistics showed a national rate of 241 impaired-driving

incidents for every 100,000 people under the existing law, with about 80 per cent of the offenders male. The national data also showed an 80 per cent conviction rate, with about one in 10 sent to jail. Most of the rest were fined.

The numbers showed strikingly different regional variations in how many charges are laid. Among the study's main findings is that lowering the threshold would send an estimated 9,429 extra people to jail — and severely tax the justice system to put them there.

A copy of the draft report was obtained under the Access to Information Act.

THE CANADIAN PRESS

what's your
COVERGIRL
match?
find your perfect shade of beautiful

Get
2000
SHOPPERS OPTIMUM
BONUS POINTS*
when you spend \$20 or more
on COVERGIRL products*

* Points are issued according to the net pretax purchase total of eligible Procter & Gamble products after discounts and before taxes using a valid Shoppers Optimum Card*. Offer valid from Saturday, October 9, 2010 – Friday, November 5, 2010. All products must be purchased on the same invoice.

Visit your local
Shoppers Drug Mart
from Oct 9-Nov 5th
and ask your Beauty Advisor for a
**COVERGIRL Colour
Matching Makeover**



Add **Unlimited**
Calling From Your
Cell Phone For Only...

\$20 /month



FREE- Daytime
FREE- Evenings
FREE- ALL DAY LONG!

HERE'S HOW IT WORKS:

Comwave Unlimited Mobile is an add-on to your existing Mobile plan. Do not cancel your existing provider, Comwave Unlimited Mobile works on ALL Cell Phone providers.

- ✓ You must have an active cell phone plan with UNLIMITED Incoming Calls.
- ✓ With Comwave you can ADD UNLIMITED OUTGOING Calls.
- ✓ Now All your Cell Phone Calls will be FREE - ALL DAY LONG!

LIMITED TIME OFFER!

**30 DAY
FREE TRIAL**

• **SATISFACTION GUARANTEED!**



comwave

780-406-0800

comwave.ca

TERMS AND CONDITIONS MAY APPLY. PLEASE SEE WWW.COMWAVE.NET/MOBILE FOR FULL DETAILS.

Investors brace for earnings

Investors will have plenty to focus on this week as the third-quarter Canadian earnings season kicks into gear and the latest economic growth figures are released for Canada and the U.S.

Earnings news will be centred around the resource sector, including railways, although investors will also take in the latest quarterly reports from Rogers Communications Inc. tomorrow and Corus Entertainment on Wednesday.

"We will have a far better sense of how things are at the end of next week because we just have so many companies reporting," said Norman Raschkowan, North American strategist at Mackenzie Financial Corp.

"I think it's going to vary by industry but so far I have to say that the re-

One to watch:

Potash Corp. of Saskatchewan, the target of a \$38.6-billion U.S. hostile takeover bid from resource giant BHP Billiton, releases its quarterly results on Thursday.

Investors are looking for earnings of \$1.10 a share, up from 82 cents a year ago.

sults that have been reported in the U.S. and the few reported so far in Canada have come out pretty well in terms of earnings exceeding estimates and not having as many revenue shortfalls as we had in the first and second quarters."

Among the heavyweights reporting this week is Canadian National Railways tomorrow.

THE CANADIAN PRESS



► Best Buy salesman Manish Nargas helps a customer with questions on the new iPad. Canadians are watching to see how U.S. retailers fare on Nov. 25, the U.S. retail sales holiday kickoff.

Technology. Sales

Betting big on small screens

Canadian retailers are placing big bets on small screens this fall whether it's the iPad, the BlackBerry Torch smart phone, or the Kobo e-reader. But they're also placing a bet on the new 3-D TVs, hoping to convert continuing demand for big screen TVs into sales of this brand new technology.

Real estate agents relax service rules

- Old rules 'anti-competitive': Competition watchdog
- New rules will remain in effect for 10 years

Delegates from Canada's 101 local real estate boards yesterday in St. John's, N.L., ratified a deal worked out by the federal Competition Bureau and the real-estate industry.

It would allow consumers to choose what services they want from their agent when selling their homes, and to pay for only those services.

The deal was reached after months of negotiations between the competition watchdog and the Canadian Real Estate Association that represents some 100,000 realtors.

5%

Realtors currently operate on the principle that selling agents will split the standard five per cent commission with the buyer's agent.

"We are pleased that after careful consideration and reflection, real estate boards and associations from across Canada have endorsed the agreement," CREA president Georges Pahud said.

Under the deal, CREA

has agreed that its rules as well as those of its members should not deny or discriminate against realtors wishing to offer mere posting services.

The Competition Bureau has been pressuring CREA to change rules it calls "anti-competitive" on behalf of realtors and consumers who want more flexible services. But experts say the doors to lower-cost services won't be thrust open overnight as the industry is dominated by traditional agents who are reluctant to change their business models. THE CANADIAN PRESS

Currency talks

The world's leading advanced and emerging countries vowed Saturday in Gyeongju, South Korea, to avoid potentially debilitating currency devaluations, aiming to quell trade tensions that could threaten the global recovery.

The Group of 20 also said it will pursue policies to reduce trade and current account imbalances that threaten the economic recovery.

THE ASSOCIATED PRESS

FDA rejects new drug

Arena Pharmaceuticals Inc. on Saturday said the Food and Drug Administration has rejected the company's application for loraserin, one of three drugs seeking to become the first new FDA-approved prescription weight loss drug in more than a decade.

The federal agency's rejection came after an FDA panel of experts on Sept. 16 recommended against approving loraserin in a 9-5 vote.

THE ASSOCIATED PRESS

Market moment

DOLLAR



97.38¢ US
- 0.06¢ US

Natural gas
1,000 cu ft
\$3.332 US
(-3.6¢)
Gold contracts
\$1,325.10 US
(-\$0.50)

OIL



\$81.69 US
+\$1.13 US

TSX



12,601.18
+1.95



2008 smart Cabrio

#N08-5037, like new

\$12,888

David Morris Fine Cars Ltd. 780.484.9000
PLEASE ASK FOR DEAN OR IAN
17407 - 111 Ave, Edmonton
desmail@dmfc.ca | iweiss@dmfc.ca



2008 Cayenne
#PA8015 Silver
64,700 kms
\$54,900



2008 Carrera Cab
#0342A Grey
10,125 kms
\$89,900



2007 Boxster S
#PA8031 Black
22,770 kms
\$55,900

Dream wildly. Rest easy.

Porsche Approved. Certified Pre-Owned Vehicles.

Presenting a rare instance of opposites happily co-existing. With the Porsche Approved Certified Pre-Owned Program, you will find yourself behind the wheel of a vehicle that's been meticulously inspected and reconditioned by a certified Porsche technician. Then backed by an industry-leading limited warranty IntelliChoice recently named best luxury warranty for 2009. Which means you can rest easy knowing you've made not only a dream purchase, but a sound one too. Visit our website to learn more about the award, or experience the thrilling sense of security for yourself only at your authorized Porsche dealer. Porsche. There is no substitute.



Norden Autohaus
17820 Stony Plain Road, Edmonton, AB
(780) 484-3000
www.porsche.ca/norden



©2010 Porsche Cars Canada Ltd. Porsche recommends seat belt usage and observance of all traffic laws at all times.

If qualifying pre-owned Porsche Approved vehicle is purchased or leased while still under new vehicle warranty, maximum coverage is 6 years/160,000 km from original in-service date. If purchased or leased outside new vehicle warranty, maximum coverage is 2 years/160,000 km from date of purchase or lease. AMVIC licensees. Prices quoted are before GST.

THE CIBC
switch

Exclusively
at CIBC

SWITCH for the debit card that gives you more.



Now shop with **debit online.**



Now shop with **debit worldwide.**

The CIBC Advantage Card™, a debit card with enhanced features, now lets you enjoy the familiar benefits of *Interac*® Direct Payment for day-to-day shopping in Canada, plus the added benefits of Visa™ Debit for online and shopping in the U.S. and around the world. Pay for all your purchases securely and directly from your CIBC bank account.

To learn more, go to cibc.com/advantagecard, visit any branch or call 1 800 465-CIBC (2422).



For what matters.

*No purchase necessary; receive 1 entry when you use your CIBC Advantage Card to (a) make a debit purchase at a retailer outside Canada wherever Visa cards are accepted or online, by phone or by mail wherever Visa/Visa Debit is accepted, or (b) pay a bill or register for recurring payments of a bill(s) directly with a merchant. One (1) prize of 1,000,000 Aeroplan Miles; two (2) prizes of 50,000 Aeroplan Miles. Aeroplan Miles have no cash value but are redeemable under the Aeroplan Program for flights and other rewards. The retail value of such rewards varies, depending on which reward is redeemed and when; see aeroplan.com for details. Limit 10 entries. Contest closes Feb. 28/11. Odds of winning depend on number of eligible entries. Skill-testing question required. Contest open to adult Canadian residents. Eligibility restrictions apply. For full contest rules and mail-in entry method information, ask in branch or visit cibc.com/advantagecard. ®Interac is a Reg. TM of Interac Inc.; CIBC auth. user. ®Aeroplan is a registered trademark of Aeroplan Canada Inc. CIBC is an authorized licensee of the mark. ™Trademark of CIBC. "CIBC For what matters." is a trademark of CIBC.

BRIGHT IDEAS FROM THE CITY OF LIGHT

Urban Compass

TERENCE HARDING



I'm sitting in a very small apartment in Paris as I write this and thinking about what makes this city so livable and what Edmonton can learn from that.

I agree that we cannot compare a world-class city with more than 1,000 years of history to one on the edge of the bald-headed Prairie. A comparison of the two would be ludicrous. But there are some things we could incorporate into our downtown and make it a more enjoyable place to be.

We desperately need a rapid transit system that could easily take people from one section of the city to another. We are on our way, but perhaps we should

be more ambitious.

We could also make a real commitment to creating walking spaces. The streets of Paris are chockablock with vehicles. But throughout the City of Light, there are pedestrian-only areas that make you feel like you're in a village rather than a large city. We could do that.

One place to start would be Rice Howard Way. The only reason for cars to be there is the parkade. We could do away with

it and make it a great place to walk around both day and night.

"Another thing we could do is make downtown Edmonton a much more bike-friendly area. In Paris, there are numerous stands where you can rent a bike and drop it off at another location. And from what I can see, many people do exactly that."

and there is no reason we cannot

follow suit.

We could also make it easier for food vendors to set up on the street. The licensing and food preparation restrictions we have now militate against doing so. During the summer it would be nice to have an array of food to choose from all the time rather than having to wait for the Taste of Edmonton.

Just about everything that makes Paris Paris is against some bylaw or other in Edmonton. Our bylaws have served only to make our city a quite bland and often boring place in which to live. There's a public meeting on proposed plans for the downtown coming up in November and it's our best chance to make our city core vibrant and alive. If you've got a good idea, take the opportunity to share it with our new city council.

Cartoon

MICHAEL DE ADDER



Some tasty findings

Worth mentioning

The ability to taste isn't limited to the mouth, and researchers say that discovery might one day lead to better treatments for diseases such as asthma.

It turns out that receptors for bitter tastes are also found in the smooth muscles of the lungs and airways. These muscles relax when they're exposed to bitter tastes, according to a report yesterday from researchers from the University of Maryland College of Medicine in Baltimore in the online edition of the journal Nature Medicine.

That surprised Dr. Stephen B. Liggett, a lung expert who noted that bitter tastes often are associat-

Science at work



ed with poisonous plants, causing people to avoid them.

Liggett said he expected the bitter-taste receptors in the lungs to produce a "fight or flight" reaction, causing chest tightness and coughing so people would leave the toxic environment.

Instead, when scientists tested some non-toxic bit-

ter compounds on mice and on human airways in the laboratory, the airways relaxed and opened more widely. The compounds "all opened the airway more profoundly than any known drug that we have for treatment of asthma or chronic obstructive pulmonary disease," Liggett said.

THE ASSOCIATED PRESS

Would you dare to wear white after Labour Day?

Email
edmontonletters@metronews.ca
Twitter
@metroedmonton

Metro has the right to edit letters and submissions.

metro

METRO EDMONTON • Suite 2070, 10123 - 99 Street • Edmonton, AB • T5J 3H1 • T: 780-702-0592 • Fax: 780-701-0356
Advertising: 780-702-0592 • adinfoedmonton@metronews.ca • edmonton_distribution@metronews.ca
Publisher Steve ShROUT, Managing Editor Darren Krause, Sales Manager Cheryl Skogg, Distribution Manager Jim Hillman

METRO CANADA: Group Publisher Bill McDonald, Editor-in-Chief Charlotte Empey, Associate Managing Editor Tarin Elbert, Scene/Life Editor Dean Lisk, Asst Managing Editor Amber Shortt, Art Director Laila Hakim, Nat'l Sales Director Peter Bartrem, Interactive/Marketing Director Jodi Brown

Metro Minute at polar exhibition

For those interested about the changes in polar and sub-polar regions of the world, an exhibition is being held in Gallery A in the Telus Centre at the University of Alberta (U of A) campus until Nov. 20.

The exhibition celebrates the 50th anniversary of the U of A's Canadian Circumpolar Institute. This free event al-

lows visitors to also see artifacts, specimens and museum objects that are part of the U of A Museum's collections.

Discussions take place Thursday and northern-themed, hands-on workshops will be announced soon. Check out www.museums.alberta.ca to find out more.

● KATHY LE



► The Telus Centre at the University of Alberta campus.

CONTRIBUTED

Quaid saga keeps getting weirder

► Actor and wife claim for asylum in Canada, saying they fear being 'murdered' like Heath Ledger and David Carradine ► Vancouver residents have best seats in the house for odd arrest

DARRYL DYCK/THE CANADIAN PRESS



► Evi Quaid, left, and her husband, actor Randy Quaid, are escorted from an Immigration and Refugee Board hearing in Vancouver on Friday. Actor Randy Quaid and his wife say they need asylum in Canada to escape "Hollywood star-whackers."

An upscale Vancouver neighbourhood is still buzzing after the arrest of actor Randy Quaid and his wife Evi, who are wanted in the United States on outstanding warrants.

Debbie Pfeifer, who works in a lingerie store in the Kerrisdale area, said she peered out the window Thursday afternoon when she noticed a police car blocking the road next to a bank.

Pfeifer said several plainclothes officers started milling about at around 3 p.m. as a tall, bearded Quaid spoke to a man she believes was his lawyer and Evi Quaid "popped in and out of a police car."

Pfeifer and her co-worker didn't know the drama unfolding before them and several shopkeepers for two hours involved a Hollywood actor and his "smartly dressed" wife, who wore a

black puffy jacket.

"A customer came into the store and said, 'That was Randy Quaid out there.'"

Pfeifer said she hadn't seen Quaid, a former Oscar nominee, in a movie for a long time and didn't recognize him.

"Apparently the rumour was he was in the (bank) making inquiries about getting a mortgage or something and of course they

put the information in the computer and it pulls up that there's a warrant out for him from the States."

Officials with the Canada Border Services Agency and police spoke with the Quaid's before their black car with California licence plates, possibly a BMW, was towed, Pfeifer said.

Quaid and his wife are wanted in the United States for allegedly breaking into a home they once owned

and then failed to show up for a court hearing on felony vandalism charges.

They are now seeking refugee status in Canada.

Toronto immigration lawyer Lorne Waldman said the couple may end up living in Canada for at least six months, even if officials expedite a hearing after determining whether the couple is eligible to make refugee claims.

THE CANADIAN PRESS

News in brief



It's another girl for Matt Damon and his wife. Damon's spokeswoman Jennifer Allen says Luciana Damon gave birth to Stella Zavala Damon on Wednesday in New York City. She is the couple's third daughter. She joins Gia, born in 2008, and Isabella, born in 2006. Luciana Damon also has a daughter, Alexa, from a previous marriage.

THE ASSOCIATED PRESS



► Katy Perry and Russell Brand got married on Saturday.

Brand, Perry marry in India

Comedian Russell Brand and pop star Katy Perry were married Saturday in northwestern India, the couple confirmed in a statement.

A Christian minister and longtime friend of Perry's family performed a "private and spiritual ceremony," which was attended by family members and close friends, said the statement released by the couple's representatives.

"The backdrop was the inspirational and majestic countryside of Northern India," said the statement, which did not provide any further details on the cere-

mony.

The wedding was held at the Aman-e-Khas luxury resort in a tiger reserve in Ranthambhore National Park, a hotel official said on condition of anonymity as he was not authorized to speak to the media.

Security has been stringent with private security guards stationed at the resort and other nearby hotels where guests and the couple are staying for the six-day wedding celebration.

Photographers and media reporters were not allowed into the Aman-e-Khas wildlife re-

treat. The couple have given the exclusive coverage rights to a London magazine, and no other photographers or journalists will be allowed into the resort.

The wedding venue was lit with lamps, colourful lights illuminated the trees and flower garlands festooned the luxury tents at the resort, the hotel official said.

Both Brand and Perry wore traditional Indian clothes to the wedding, the hotel official said.

Perry donned a sari, as did a number of other female guests at the ceremony. THE ASSOCIATED PRESS



Don Williams returns to the spotlight with Country Music Hall of Fame induction, tour

6 CONTINENTS BUILT IT. 60 COUNTRIES LOVE IT. 6 MILLION TEST KILOMETRES PROVED IT.

Driven and tested everywhere to give you more of everything: Best-in-class fuel efficiency* with 10 standard airbags and the best coverage in Canada.†

STARTING FROM

\$14,995^{††} MSRP

European Model Shown.



Go to getscanlife.com on your smartphone and download the free application.

*Fuel consumption ratings for 2011 Cruze ECO with 6-speed manual transmission based on preliminary GM testing in accordance with approved Transport Canada test methods. Competitive data based on Natural Resources Canada's 2010 Fuel Consumption Guide and WardsAuto.com 2010 Upp. ††Manufacturer's Suggested Retail Price for base model. Freight, licence, insurance, registration, fees associated with filing at moveable property registry/PPSA administration fees, duties and taxes not included. Dealers are free to set individual prices. See dealer for details.



DON'T JUST DRIVE.
CRUZE
The All-New 2011 Chevrolet Cruze.



CHEVROLET.CA

er Small segment. Your actual fuel consumption may vary. Excludes hybrid and diesel models. Production begins November 2010. †Based on latest published competitive information available at time of printing. Excludes other GM models. Conditions and limitations apply, see dealer for details.

TV picks

Durham kicks off last season

DRAMA. Canadian drama Durham County kicks off its third and final season with an investigation into the murder of two young boys. Mike Sweeney has been promoted from detective to superintendent and begins looking into the case, which may involve a gang war over drugs. (HBO Canada)

THE CANADIAN PRESS

Music reigns on late night

LATE NIGHT TV. It's a good night for musical performances on late night TV. Kings of Leon are guests on the Late Show with David Letterman to promote the new album Come Around Sundown. And Canadian K'naan is set to perform on Jimmy Kimmel Live. (CBS, ABC)

THE CANADIAN PRESS

Drop Dead Diva actress connects with viewers

► Elliott portrays lawyer coming to grips with life in size 16 body ► Hit show renewed for a third season

Plenty of TV viewers have been captivated by Brooke Elliott's portrayal of a plus-sized lawyer on Drop Dead Diva, and the actress would like to see more normal-looking body types featured on other shows.

"Hopefully we'll get a little bit more realistic in what we're watching," she said during a recent interview in Madrid, where she was promoting the show.

Drop Dead Diva, about a shallow model who is killed in a car crash and reincarnated as a size 16 attorney, returns for a second season today on Showcase.

It's been a hit for the U.S. network Lifetime, which has renewed the program for a third slate of episodes.

Female viewers in particular seem to connect

with Elliott's character, Jane Bingum, a brilliant, good-hearted lawyer adjusting to her new identity. The only people who know about her previous life are her best friend Stacy (April Bowlby) and her guardian angel Fred (Ben Feldman).

Fans have even gone wild for her wardrobe (Lifetime's website features a section where viewers can find out where to buy Jane's outfits).

"It's not easy, our stores don't really provide for anyone over a size zero, so sometimes that's tough (for people)," said Elliott.

But while the actress' frame is clearly an anomaly on the TV landscape, Elliott says she doesn't really think in those terms.

Along with its strong

"This show seems to be globally accepted. I think we're hitting on issues that everyone deals with in their lives."

BROOKE ELLIOTT

cast (comedian Margaret Cho is a standout as Jane's assistant Teri), Drop Dead Diva has also managed to attract an impressive list of guest stars, including Rosie O'Donnell, Paula Abdul, Liza Minnelli, Cybill Shepherd and Vivica Fox.

O'Donnell, who plays a plain-spoken judge, is back this season, as is Abdul, who is featured in a dance number dream sequence.

THE CANADIAN PRESS



► Brooke Elliott portrays Jane Bingum in Drop Dead Diva.

IN HEART-POUNGING 3D



SAW 3D
OCTOBER 29
THE TRAPS COME ALIVE IN REAL D 3D

WARNER BROS. PICTURES PRESENTS A LIONSGATE FILM "SAW" CASTING BY JEFFREY PETERSON COSTUME DESIGNER JEFFREY PETERSON MUSIC BY JEFFREY PETERSON EDITOR JEFFREY PETERSON EXECUTIVE PRODUCERS JEFFREY PETERSON PRODUCED BY JEFFREY PETERSON WRITTEN BY JEFFREY PETERSON DIRECTED BY JEFFREY PETERSON

IN THEATRES OCTOBER 29

To register and for full contest details visit clubmetro.com

YOU COULD
**WIN A \$250 GIFT CARD TO
GAMESTOP/EB GAMES**

GameStop **EB GAMES**
WWW.GAMESTOP.CA



REPORTER/ PHOTOGRAPHER

Reporting to the Managing Editor, the ideal candidate will have excellent reporting, photography and writing skills as well as previous daily newspaper experience. We are looking for a reporter with the tenacity to push official sources and the skill to write compelling stories on matters of local concern. Journalists who report with skill and write with flair are encouraged to apply. As part of a small team handling Alberta's capital, you must think fast on your feet.

PRIMARY RESPONSIBILITIES:

- Responsible for generating story ideas and for covering assigned stories in a range of news styles; breaking news, features, entertainment, lifestyle, sports, etc.
- Photography to accompany stories or to be used as stand-alone items
- Multi-platform reporting
- Writing quick web versions of breaking news stories for metronews.ca
- Coverage of some early morning and evening assignments as needed

REQUIREMENTS OF THE POSITION:

- Post-secondary degree or diploma in journalism
- 2-3 years of daily newspaper experience is a MUST
- Newspaper experience as a photographer an asset
- Strong reporting skills
- Strong grasp of all areas of news and feature writing
- Well versed in CP style
- Ability to work to tight deadlines
- Must be an assertive self starter with own vehicle
- Excellent communication skills
- An adaptable team player with an adaptable attitude
- Experience using social media tools such as Twitter and Facebook

Individuals interested and having the skills described are requested to submit their resume and cover letter via email to hr@metronews.ca no later than October 29, 2010. PLEASE QUOTE: "Reporter - Edmonton" in the subject line. All submissions will be treated as confidential.

metro

Rehab busting Lohan's bank

► Lindsay avoids jail but struggles to pay her bills at Betty Ford Centre

Lindsay Lohan has avoided going to jail after her latest probation hearing, but she'll now be required to stay in rehab at the Betty Ford Center until January, but there's one problem.

According to Hollyscoop, Lohan can't afford rehab.

"She indicates she can not afford to continue to pay for the treatment program and she needs to work," Lohan's probation report reportedly states. "Her clothing line is falling apart because she is not available to monitor the product."

A 90-day stay at the Betty Ford Center reportedly

ROBERT DOWNEY JR.
FROM THE DIRECTOR OF OLD SCHOOL AND THE HANGOVER
DUE DATE
"IF THERE'S A HELL, I'M ALREADY IN IT."
IN THEATRES NOVEMBER 5
www.duedatemovie.com

WIN YOUR OWN ROAD TRIP INCLUDING A RENTAL CAR* FOR 6 MONTHS COURTESY OF **enterprise** rent-a-car

Secondary prizes include advance passes to the screening of **DUE DATE**

Visit **clubmetro.com** and answer the question below for your chance to WIN!
WHO IS THE DIRECTOR OF DUE DATE?

*Some restrictions may apply. To register and for full contest details visit clubmetro.com

TO ENTER

costs about \$53,000 US.

Judge Elden Fox recently granted the actress leave to catch up on well-behind projects on one condition: the actress must wear her SCRAM bracelet and must report back to rehab immediately after work.

But according to People magazine, Lindsay hasn't stopped working in rehab.

The star continued to work on her clothing line from inside the centre, and held meetings with whoever she needed to talk to.

"Lindsay is still seeing income from the line, and it's doing three times better than originally expected," a source says. "It's keeping her busy and productive." ● METRO

PETA denies plans for Becks blood bath

WHO KNEW THAT BRITISH TABLOIDS AREN'T REPUTABLE SOURCES OF INFORMATION?

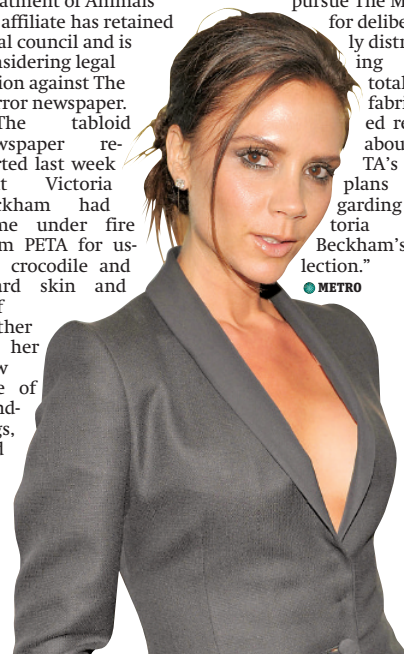
People for the Ethical Treatment of Animals' UK affiliate has retained legal council and is considering legal action against The Mirror newspaper.

The tabloid newspaper reported last week that Victoria Beckham had come under fire from PETA for using crocodile and lizard skin and calf leather in her new line of handbags, and the

group was planning to douse her in lizard blood.

A PETA spokesperson says it plans to "vigorously pursue The Mirror for deliberately distributing a totally fabricated report about PETA's plans regarding Victoria Beckham's collection."

● METRO



Hangover cast killed Gibson's comeback cameo appearance

After Mel Gibson's top-secret cameo in the Hangover 2 was reportedly scrapped over objections by cast and crew, the role has gone to Liam Neeson, according to Us Weekly.

"It's true pending clearance of cast and crew background check," Neeson's



► Mel Gibson

rep says.

The film's cast — in-

cluding Bradley Cooper and Zach Galafianakis — reportedly protested when Gibson's participation was announced.

"They don't want him to be in the movie and serve as a platform for some creepy comeback," a source says. ● METRO

Why did I marry Michael Jackson?

Lisa Marie Presley admits that she was more than a little mystified by her marriage to Michael Jackson in 1994.

"I didn't understand my relationship with him," Presley tells Oprah Winfrey in a recently released interview.

"He became very good at making and creating and puppeteer-ing and manipulating to some degree. I always confused that manipulation thinking that that manipulation meant that he didn't love me. I understand it better now. The manipulation was because it was a survival tactic for him."

● METRO

Talking points

Aguilera can't wait for Bratman to bounce

WE DON'T BLAME HER. SHE HAS WOMEN SHE HAS TO SLEEP WITH Christina Aguilera is reportedly itching for Jordan Bratman to move out, as her soon-to-be ex-husband is still staying at their Beverly Hills home, according to TMZ.

The couple has been separated since September, and Aguilera is reportedly staying in a hotel while their divorce is finalized because Bratman won't leave. ● METRO

Celebrity tweets



Kanye West [@kanyewest] ...but seriously

have you guys taken time to think about that concept????! COMMERCIAL ART!!! It just came to me! That's what I make!



Jessica Alba [@jessicaalba] I'm so not

motivated to work out right now... Need some encouraging words tweekles!



Will Arnett [@arnettwill] Oh, I've earned

this visit to Chilli's on Long Island. ● METRO

ENTER FOR YOUR CHANCE TO

WIN

SEX AND THE CITY: COMPLETE COLLECTION ON DVD OR SEX AND THE CITY 2 ON BLU-RAY OR DVD!

VISIT **clubmetro.com** TO ENTER

© 2010 Warner Bros. Entertainment Inc. and Home Box Office, Inc. All Rights Reserved. To register and for full contest details visit clubmetro.com

3
life

Up and down

Stroller
safety
pointers

Health Canada issued an advisory Wednesday reminding caregivers not to leave children unattended in strollers, as it could put them at risk for entrapment, asphyxiation or falls. Deaths and injuries have occurred when children were left sleeping unattended or when stroller restraint systems were not used, it said. The advisory coincides with the U.S. recall of about two million strollers after reports of four deaths. The U.S. Consumer Product Safety Commission said the deaths occurred between 2003 and 2005 when the four infants became trapped inside the strollers and were strangled.

THE ASSOCIATED PRESS

PINK SHERBET PHOTOGRAPHY



Apple bagel bites are a nutritious treat for breakfast or a snack. Scan code for news



► Employees of a Value Village perform a Halloween catwalk fashion show for the customers in Toronto.

Get ready for a pop culture Halloween

It may be the biggest — and spookiest — costume event on the calendar, but hot looks for this Halloween are going beyond the realm of standard ghoulish get-ups.

Ghost and goblin garb may continue to be a mainstay among fans of more traditional, creep-tastic Halloween fare. But a trend that continues to evolve and gain momentum is keeping producers and distributors of costumes on their toes as they try to stay plugged in to

“People definitely want to be individual, they want to be creative. I think the DIY and crafting movement growing is huge and has a big influence on that as well.”

MEG ALLAN COLE FROM VALUE VILLAGE

what's making waves in popular culture.

From outlandish electro-pop diva Lady Gaga to the fist-pumping, tan-loving cast of MTV reality hit show *Jersey Shore*, imitating celebrities and pop icons continues to loom large this Halloween.

Meg Allan Cole, costume consultant for Value

Village, says the embracing of pop culture-inspired costumes has definitely grown in the last five to 10 years.

“People definitely want to be individual, they want to be creative,” she said from Brooklyn, N.Y. “I think the DIY and crafting movement growing is huge and has a big influ-

ence on that as well.”

Cole says Lady Gaga's omnipresence and her wide variety of ever-changing looks is what makes her a standout to emulate this season.

“She is huge and there's so many incarnations of her that I think people love seeing that there's so many different Lady Gagas they can choose from,” she said.

Among the do-it-yourself projects posted on the retailer's website are a pair of Gaga-inspired

True Blood

In a survey that polled 1,000 adults about their Halloween shopping habits, popular costumes and trends for 2010, Value Village found respondents looking to hit series, films and characters for style inspiration. HBO's *True Blood* sank its fangs into the top spot among those surveyed

THE ASSOCIATED PRESS

looks, including one featuring one of the pop sensation's earlier 'dos — a blond wig with locks fashioned into a hair bow.

Among the standouts from *Jersey Shore*, Cole says Nicole Polizzi — better known as Snooki — is “going to be a big one this year,” as individuals seek to recreate the pint-sized reality star's towering signature pouf, reminiscent of singer Amy Winehouse's much-mimicked beehive of Halloween's past. THE ASSOCIATED PRESS

Chocolate and classic candies always a hit

In a block-long warehouse at the McKeesport Candy Co., wooden pallets are piled high with boxes of candy fangs, wax moustaches, peanut butter and chocolate pumpkins, even a bag of “blood” that resembles a hospital IV.

“The grosser the candy, the better it's going to sell,” says owner Jon H. Prince.

While kids love gore and gimmicks when it comes to Halloween —

“The grosser the candy, the better it's going to sell.”

JON H. PRINCE OF MCKEESPORT CANDY CO.

how can you not love a pair of wax fangs? — experts say children still are drawn to the classics their parents favour when filling the family treat bowl every year.

First on the list? Chocolate.

“The truth is that there are many tried and true candy favourites, especially at Halloween,” says Susan Smith, a spokeswoman for the National Confectioners Association.

“Holidays represent tradition and small favourites are the true kid pleasers on Halloween night.”

Sixty-eight per cent of kids say they like to get treats made with choco-

late, while nine per cent go for lollipops, seven per cent go for gummy candy and another seven per cent prefer gum, the association said.

And last year, sales of gummy candies were on the rise. But it's not just the little colourful bears you might be used to. Think gory gummy — eyeballs, tongues, fingers, brains, even rats are all popular for Halloween.

THE ASSOCIATED PRESS



► Candy Blood Bag.

Drugs a challenge for Conviction Kitchen

► Chef Marc Thuet once again tries to transform ex-criminals ► This season he takes on Vancouver

Drug addiction loomed large on the second season of Conviction Kitchen, says celebrity chef Marc Thuet, who brought his gritty cooking show to Vancouver in a renewed bid to transform troubled ex-criminals into fine-dining chefs and restaurant staff.

Thuet and his wife and business partner Biana Zorich say the biggest obstacle for most of their motley crew was sub-

stance abuse, noting that one promising chef ended up overdosing during the series while another showed up high on heroin.

"Addiction was the number one cause of them being (in trouble with the law)," the burly French-born Thuet said Friday from the kitchen of his Toronto bakery.

"They're not convicts as much as they are addicts in Vancouver," Zorich added in agreement.

The series is more docudrama than food-frivolity as it traces the triumphs, and occasional failures, of some of society's most down-and-out.

While the first season began with 24 ex-cons at one of Thuet's Toronto eateries, the new season started with just 12 ex-cons assembled at a run-down martini bar blocks from Vancouver's Stanley



► Chef Marc Thuet and his wife and business partner Biana Zorich return to TV with season 2 of Conviction Kitchen.

"Addiction was the number one cause of them being (in trouble with the law)."

CHEF MARC THUET ON THE CAST OF SEASON 2 OF CONVICTION KITCHEN

Park. They include 28-year-old heroin addict Justin, 25-year-old thief Cassandra, and 54-year-old bank robber Richard, who says he's spent more years in prison than out.

Thuet says the ex-cons' personal battles are laid bare throughout the series, with Justin showing up to work clearly high and Cassandra disappearing for three days only to return saying she'd been

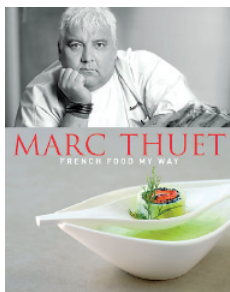
hospitalized for an overdose.

"To find drugs in Vancouver I think it's the easiest city," adds Thuet, who is also releasing a cookbook, *French Food My Way*, on Nov. 2.

"You go to East Hastings and it's like sending a kid to the candy store — you get everything."

Conviction Kitchen airs Sunday nights on Citytv.

THE CANADIAN PRESS



Marc Thuet's Duck Carpaccio

Celebrity chef Marc Thuet, whose television series Conviction Kitchen has started its second season, loves to serve game in the fall — especially when he's been able to hunt it himself.

Thuet's cookbook *French Food My Way* is being published early next month. Here is a recipe from his new book that features duck in a beautifully arranged appetizer.

Pickled black radish and cloudberry purée are available at fine food stores, he notes.

Ingredients :

- 120 g (4 oz) duck breast, skin removed, fat trimmed
- 1 Bartlett pear
- 1 plum
- 1 fig, skin removed
- 2 Medjool dates
- 20 ml (4 tsp) blue cheese
- 20 sumac seeds
- Frisée
- 30 ml (2 tbsp) white truffle vinaigrette
- Garnish
- Sliced pickled black radish
- Julienned endive
- Cloudberry puree
- Sesame oil

Duck Carpaccio Preparation:

- 1 Cut duck into 12 thin slices. Finely slice pear and plum. Cut 4 slices of fig and remove skin so you have 4 fig wheels.
- 2 Cut dates in half lengthwise and remove pits. Fill 4 halves of dates with cheese.
- 3 In a small skillet over medium heat, toast sumac seeds or place them under broiler for 10 seconds.

4 Lay duck slices in middle of a serving plate, slightly overlapping. Fan out pear and plum slices around duck. Arrange frisée, fig wheels and dates studded with cheese on the plate.

5 Sprinkle with sumac seeds and drizzle with truffle vinaigrette.

6 Garnish with pickled black radish, endive, cloudberry puree and a small drizzle of sesame oil. Makes 4 servings.

THE CANADIAN PRESS

Goat cheese stuffed mushrooms with walnuts rich and delicate

Bite-size mushrooms filled with smoked bacon and goat cheese create a delicately rich and savoury flavour. This dish can be served as a side or an appetizer at your next gathering.

Goat cheese stuffed mushrooms with walnuts

Preparation:

- 1 Line 2 rimmed baking sheets with foil.
- 2 In a large bowl, toss mushrooms with oil to coat. Arrange in a single layer on baking sheets, rounded side up, and bake in a 190 C (375 F) oven for 20 to 25 minutes or until tender.
- 3 In a large skillet, cook bacon over medium-high heat for 7 to 8 minutes or until crisp. Drain on paper towels. Discard all but 15 ml (1 tbsp) of the bacon fat. In same skillet, add shallots, reduce heat to medium and cook for 3 minutes or until soft. Add garlic and cook for another minute.

Ingredients :

- 48 mushrooms (each about 4 cm/1 1/2 inches in diameter), stems removed
- 30 ml (2 tbsp) olive oil
- 175 g (6 oz) smoked bacon, chopped
- 3 shallots, finely minced
- 2 cloves garlic, finely chopped
- 250 g (8 oz) creamy goat cheese
- 250 ml (1 cup) finely chopped walnuts
- 15 ml (1 tbsp) chopped fresh parsley
- 15 ml (1 tbsp) chopped fresh rosemary

4 Transfer to a large bowl and let cool to room temperature. Add goat cheese and walnuts. Mix well. Stir in parsley and rosemary.

5 Place heaping 5 ml (1 tsp) of filling in each mushroom. Bake in a 190 C (375 F) oven for 10 minutes or until heated through. Makes 16 to 24 servings.

THE ASSOCIATED PRESS



Join us for lunch
11 am to 2 pm
Monday to Friday
 Enjoy traditional Italian cuisine prepared with fresh ingredients

Choose any pasta or panini for \$9.95 add soup or salad for \$3.95

11520 100 Ave • 780.488.9543

Apartment Finder

To advertise contact Yvonne Markey at 780-701-0347

realstar management

BLUE QUILL APARTMENTS

1-888-241-8361 • 11615 28th Ave. NW
Ask About 50% off SD and FREE Rent!
 1 bedroom from \$895, 2 bedroom from \$995

WESTLAWN VILLAGE APARTMENTS

1-888-423-9792 • 9535 165th Street NW

MACDONALD ESTATE APARTMENTS

1-888-289-4159 • 9925 Jasper Avenue

www.realstar.ca

LINDSAY COULTERSEND YOUR QUESTIONS TO
QUEENOFGREEN@METRONEWS.CA
DAVIDSUZUKI.ORG/BLOGS/
QUEEN-OF-GREEN

SCREENING THE 'GREEN'

QUESTION:

How can I be sure I'm purchasing the highest quality 'green' goods?

Nicole from Montreal

Whether you were born to shop or find it a necessary evil, if you suspect that some manufacturers are making vague and misleading claims about their degree of eco-friendliness, you're right. It's called "greenwashing."

A study by TerraChoice Environmental Marketing tested more than 2,000 self-described environmentally-friendly products in North America, and found only 25 were indisputably "sin free." The rest had been greenwashed.

That means about 98 per cent of items labeled "natural" or "environmentally friendly" are making untrue claims, or committing at least one of what TerraChoice calls, "The Seven Sins of Greenwashing."

Kids' toys, baby products, cosmetics and cleaners are most often guilty of this deceit.

Take sin number 3 for example; the "Sin of Vagueness." It means a claim is so poorly defined or so broad that its true meaning is likely to trick the consumer. A certified label, on the other hand, such as the USDA Organic, will have a fixed set of regulated standards often verified by an independent or third party organization.

But don't fret. We made it easy for you to understand labels and claims found on everyday products with our Eco-label guide at david-suzuki.org. It highlights some of the most common certified eco-labels you'll run into and will help you make informed decisions.



David
Suzuki
Foundation

Olympic fireworks up in smoke?

Fireworks at Olympic ceremonies could be on the way out under a proposal being considered by the International Olympic Com-

mittee.

IOC president Jacques Rogge said yesterday his organization would study recommendations to eliminate firework displays in a bid to protect the environment by cutting harmful emissions.

THE ASSOCIATED PRESS

Reduce, reuse, re-cellphone

▶ 96 per cent of a cellphone is recyclable ▶ Website aims to keep handsets from entering Canadian landfills — steers users toward deposit spots

GOODMURE/FLEICKER



▶ Proceeds from recycled wireless devices benefit various local and national charities.

If you've bought a new cellphone recently, then you know saying goodbye to your old phone is often hard to do.

A recent survey found that the majority of Canadians keep their old phones in storage. When asked, two-thirds of Canadians with an old phone said they would be willing to recycle it.

Recycle My Cell (RecycleMyCell.ca) is a free national program that lets users find out where and how to properly dispose of their cellphones and other wireless devices.

The program, which in-

corporates numerous recycling initiatives across the country, is organized by the Canadian Wireless Telecommunications Association in conjunction with cellphone carriers and handset manufacturers.

Many different items are accepted for recycling, including smartphones, pagers, wireless air cards, batteries and accessories. Surprisingly, approximately 96 per cent of a cell phone is recyclable. All phones recovered are recycled or refurbished appropriately and in accordance with international e-waste

laws.

The website allows consumers to simply enter their postal code to locate the drop-off location closest to them where their devices will be accepted, regardless of brand or condition.

If you can't visit one of these drop-off locations in person, Recycle My Cell provides postage-paid labels to use for mailing these devices, making recycling a wireless device hassle-free and at no cost to the consumer.

In addition, recycling your old phone helps numerous national and local

charities who benefit either from direct reuse of parts, or from sales of recyclable products within these devices. NEWS CANADA

Cellular stats

- ▶ One year after the launch of Recycle My Cell, there are over 3,700 drop off locations in Canada.
- ▶ Almost 30,000 visitors to RecycleMyCell.ca in the past year were able to find a location in their area that will accept their devices regardless of condition.



WALK TO A SANCTUARY. WAKE TO THE SOUND OF BIRDS.



for more info visit:

larchpark.ca

Chipping away at waste

► Frito Lay Canada receives top award for environmental stewardship

Potato chip eaters of the world unite. You too can save the planet one bite at a time.

The next time you walk down the chip aisle and want to make your purchase count for something more than just a darned good snack, consider buying chips that were made using green technology.

Snack food giant Frito Lay Canada recently won a Canadian Industry Program for Energy Conservation award from Natural Resources Canada for its environmental stewardship over the past 17 years.

With 25 plants across Canada, the company established employee-based green teams, led by a sustainability leader, in all of its facilities as far back as 1993.

Since then, the company has installed heat recovery systems at all of its plants, upgraded insulation, retrofitted lighting, conducted compressed air audits and improved me-

tering of energy use at many of its plants.

All told, Frito Lay has reduced its water consumption by 34 per cent, natural gas consumption by 25 per cent and electricity consumption by 18 per cent.

"All of the winners showed an outstanding commitment to improving industrial energy efficiency. They are all the kind of lean and green organizations that are energizing their bottom line with en-

ergy efficiency," said Glenn Mifflin, Vice-President and Chief Financial Officer of North Atlantic Refining and Chair of the CIPEC Executive Board during the awards ceremony.

"We have to spread the message that energy efficiency remains the most cost-effective way to avoid emissions."

NEWS CANADA



NORWICHUTS/FLICKR

► Frito Lay Canada produces savoury snacks such as Ruffles, Doritos and Cheetos

Company clean-up

► Small to medium-size industrial facilities looking for ways to cut costs and increase productivity can apply to NRCAN for funding to install environmental retrofits.

► Terms and conditions of the program are available by calling 613-996-6780 or on the ecoENERGY Retrofit for Industry website at oee.nrcan.gc.ca/industrial/retrofit.

Prize for eco-wise school

Staples Canada has launched its Recycle for Education contest, which

will see the country's most environmentally efficient school receive a computer lab makeover.

All publicly funded elementary and high schools in Canada are eligible to take part in the contest, which is valued at \$50,000.

● METRO

Service Directory

To advertise call 780-702-0592

FINANCIAL

\$500\$ loan service
by phone, no credit refused, quick and easy, payable over 3, 6, or 12 installments.
Call toll free: **1-877-776-1660**
www.moneyprovider.com

NEED MONEY?
✓ No credit checks
✓ Fast approvals
call 1 866 **499-5629**
And get cash now!!
www.mynextpay.com

EMPLOYMENT

TILE SETTER NEEDED
Min 3 years experience 40/hours per week. \$28/hour
848525 AB LTD.
contact bbjames@shaw.ca

DRAMA. SUSPENSE. COMEDY.

Visit metronews.ca to watch **metrotube** of the day
The video everyone's talking about.



Edmonton and Area Land Trust Partners With Melcor

The new Larch Park development is breaking ground soon and Edmontonians will have the opportunity to envelop themselves in a community focused on green developments, natural preservation and a relationship with nature and neighbourhood.

One of the interesting aspects about the Larch Park development is its commitment to the unique environment it merges into. Melcor, the developer for the region, took the initiative to work with conservation organizations in the city to protect the hanging wetlands and park area adjacent to the development.

Melcor's goal was to incorporate the natural landscape with the new community. One of these organizations is the Edmonton and Area Land Trust (EALT).

Pam Wight first came in contact with Melcor three years ago when they approached the EALT to have the land preserved for the benefit of the immediate residents and citizens.

Wight and other members of the Land Trust are keenly aware of the unique ecosystem adjacent to the development area.

"We are particularly interested in that land because it is so special," said Wight.

"We were extra-delighted to discover that the developers themselves were proposing a very green development. It's a pleasant surprise and yet doesn't surprise me just because of how

much they've been going to bat working with us."

Keeping the land protected in perpetuity means the land is safe from future development and will have higher safeguards protecting the area and its vicinity.

"They used volunteers a great deal, and are efficient with scarce resources when it comes to stewarding, making sure weeds are minimized as well as monitoring," said Wight.

One of the surprising outcomes of the relationship between Melcor and EALT is a program developed by King's University College and Wight. One of the professors from the college contacted EALT about finding a project for a group of environmental students that has meaning for them.

"In effect, the students are learning how to do consulting work through a project. They're being given something that matters and has volume," she said.

Wight has also spearheaded an online gallery for the Edmonton area that showcases the artwork and photography of local enthusiasts passionate about our natural landscape.

To find out more, visit www.ealt.ca.



for more info visit:

larchpark.ca



► Internships are a great way for university and college students to get a foot in the door.

Interns take the next step



For university and college students dreading graduation, it may seem like the least probable fluke of fortune — the unpaid, unappreciated internship that blossoms into a salaried, respectable post, and a healthy paycheck.

With the economy still recovering, one might think that interns clutching half-page resumés find

themselves at the bottom of the waiting list for in-demand jobs.

But as CareerBuilder.com coach Allison Nawoj explains, interns have a foot in the door — or more precisely, a reputation in the office — that can escalate them into entry-level work, or beyond.

“Getting a full-time opportunity out of an internship is more than likely,” Nawoj says. In fact, CareerBuilder’s most recent survey

of employers estimates that at least half of bosses would slide a job offer to an intern — if said intern had the right stuff.

“That’s an encouraging statistic for people to keep in mind,” she says.

The Internship Bible author Samer Hamadeh concurs. “If you’re a hard worker, you’re solid, you’ve got really good skills, the jobs will open up,” he says.

“If you’re the type of person that genuinely wants to learn, then you’re what

organizations really want.” “If you’re not like that, you can’t really fake it,” he adds.

But even if you lack the moxie of a super-intern, mundane habits can establish your readiness for real-world work.

“Think of your internship as an extended job interview, which it kind of is,” Nawoj offers. “Meet deadlines, always be on time and be professional.”

Make friends, too, she adds.

who to intern for

► Some companies view interns as expendable transients revolving out the door each semester. But for a select few prestigious employers, internships are a structured method for harvesting talent: Microsoft, Dell, Frito Lay,

Goldman Sachs and Procter & Gamble all treat interns like future movers and shakers, Hamadeh notes.

► “We’ve talked to some interns at the CIA who’ve done some top secret stuff — policy papers on Russia they can’t even tell us about,” he says.

“Ask people in the department if you can shadow them,” she suggests. “That shows that you’re

seeking out challenges, which is a great way to extend your internship into a full-time opportunity.”

AN INSPIRING RAGS TO RICHES STORY

She sat on the bed in the shelter and started to cry. Lia Grimanis

Brother Andy Catering Company

Looking for food service supervisor
\$8.80 per hour 40 hours per week
Contact: 780.264.2599
andrzejgudanski@yahoo.ca

was 16 and homeless after fleeing a violent home. “That night I decided I would become a role model. I wanted to be the person that came back to the shelter and said, ‘I made it.’”

From a shelter, to welfare to starting her own business, Lia worked quickly. She moved into technology sales and was soon making \$250,000 a year. Fifteen years passed

Help is out there

Do you need help? Anyone can dial 211 to get confidential assistance
For women suffering

from violence, contact ShelterNet for a safe place to go (shelternet.ca).

Homeless women and children looking to rebuild their lives can get help at upwithwomen.com.
● METRO

and she was respected and successful beyond her wildest dreams but she still wasn’t ready to tell her story.

Lia’s turning point came one night while at a public meeting near her home in Toronto. People were upset a homeless shelter was being opened down the street. Finally Lia stood up and said, “Look at my face. Look at me. I was homeless.”

The room fell silent and people stared. Then finally the man leading the meeting said, “With all due respect Lia, you’re

an anomaly.” Then he went back to his tirade against the shelter.

The next day Lia launched a website called Up with Women where people could share their stories. The media started requesting interviews as she started programs and began to re-frame the experience of homelessness.

Lia recently quit her well-paying job in sales and is now focusing on Up With Women. She’s living off of her savings, but that doesn’t faze Grimanis. “I’ve lived frugally



before and I’ll do it again.” Now when she walks through the door of any

shelter she is an inspiration to everyone in the room. Lia Grimanis can finally say, “I made it.”

The numbers

- The Canadian Government estimates there are 150,000 homeless people
- Non-government sources say there are between 200,000 — 300,000 homeless people in Canada
- Toronto has the largest

homeless population in the country

- Calgary’s homeless population grew 740 per cent between 1994 and 2006
- Vancouver’s number of homeless seniors nearly tripled between 2002 and 2005
Source: Sheldon Chumir Foundation

Adventure!
Teach English Overseas

- TESOL Certified in 5 Days
- In-Class or Online
- No Degree Required!

1.888.270.2941
10037B - 82 Ave • Job Guaranteed!
Free info seminar: Oct 26th
Next in-class course: Dec 1st - 5th
www.globaltesol.com

GLOBAL TESOL COLLEGE
Teach English Worldwide

Students making contact online

► Online degree programs help students form tighter and more intimate relationships



DREW
HINSHAW
LIFE@METRONEWS.CA

In a world that revolves as much around who you know as what you know, the university lawn was once the venue to come to know both: a place to take mind-swelling intro lectures, then share plastic beer cups with future dignitaries of America.

But as the new millennium's young transpose their social circles to the Internet, the emerging place for students to network is on the network — in online degree programs.

Once the domain of mouse-clicking shut-ins nabbing B.A.'s in their PJs, Internet-based coursework has become a top way to meet like-minded learners chasing similar careers.

"The issue of isolation and having to be completely independent in a degree program is beginning to become a secondary issue," explains Lessons From the Cyberspace Classroom author Rena Palloff.

"All the people who work in online programs are starting to build collaborative activities into their online courses to make sure their students stay in touch with each other and support each other."

That work is paying off big time, she says. Student's facility with social media, plus the smoke-screen of anonymity that online work offers, means that classmates are forming tighter, more intimate relationships in online programs than they would

in daunting lecture halls.

Which is great, The Virtual Student author Keith Pratt says, because students need serious peer-to-peer encouragement to follow through with their online coursework.

"Students shouldn't go in there thinking that they're going to be all by themselves," he says. "If students get isolated, they're not going to continue."

pick a program

► As you scout for online degree programs, make sure you select a school with plenty of planned peer-to-peer interaction.

"Research shows when it's not required, it doesn't get done," warns Michael G. Moore, editor of The American Journal of Distance Education.

► Once you've plugged in,

reach out. "Connect on Facebook," Palloff recommends. "Oftentimes, in online classes the email addresses of classmates are available, so you can certainly connect.



We Change People's Lives!

Consumers' Choice Award GOLD For Business Excellence

www.academyoflearning.ab.ca

Thinking of going to college? This is the place for you. Choose your career and program of study, and get on your way to a life you want. Academy of Learning gives you lots of choices and flexibility. Start today and get into the workforce quickly — in less than one year.

- ✓ Healthcare
- ✓ Office Administration
- ✓ Legal Administration *
- ✓ Hotel & Tourism *
- ✓ Information Technology
- ✓ Business
- ✓ Accounting / Payroll
- ✓ Web Design
- ✓ Insurance
- ✓ and more!

* May not be available at all locations

Call Today,
**START
TRAINING**
Right Away!

Edmonton Downtown (780) 424-1144
Edmonton South (780) 433-7284
West Edmonton Mall (780) 496-9428
Red Deer (403) 347-6676
Calgary (403) 569-8973
Medicine Hat (403) 526-5833

Financial Assistance may be available to those who qualify!

**Academy
OF LEARNING**
Career and Business College

Simply a BETTER Way to Learn!

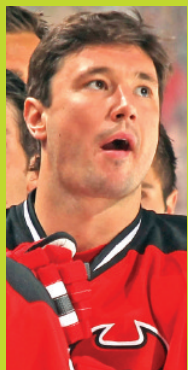
Recycling bins can't read.

metro

News worth sharing.

4
sports

Quoted



"I'm just a player and I'm just going to show up tonight and play. I want to be on the ice. That's the bottom line."

ILYA KOVALCHUK, WHO REJOINED THE NEW JERSEY DEVILS' LINEUP YESTERDAY, ONE NIGHT AFTER HE WAS BENCHED BY COACH JOHN MACLEAN FOR AN UNDISCLOSED REASON.

"It was tough because I love the game so much. That's probably the worst when you watch your team, especially losing."

KOVALCHUK ON MISSING SATURDAY'S GAME, A 6-1 LOSS TO BUFFALO.

New era off to a quiet start

► First Sunday afternoon since NFL began crackdown on violent hits sees no players fined ► Players had been warned extensively by league



► New England Patriots safety Brandon Meriweather hits San Diego Chargers wide receiver Patrick Crayton yesterday.

Dolphins cornerback Sean Smith had Steelers receiver Hines Ward lined up, ready to deliver the big hit. Instead of going high, he went for Ward's legs. No fine or penalty for that one.

It was the sort of play that, most Sundays, would have gone unnoticed, especially because Ward returned to the field a play later after getting his knees checked out.

Yesterday was different, though, because it marked the first set of games since the NFL said it would be cracking down on illegal hits, handing out fines and threatening suspensions. Actually, Ward's

brief absence, and the almost total lack of big shots in the afternoon's other NFL games, made it look a lot like any given Sunday, even if it's still too early to tell for sure how things are — or aren't — going to change over time.

"It's football," Ward said. "If you play this game worried about getting hurt, you will get hurt. It's a fearless game, it's a physical game, so the rule is the rule. You can't play this game scared. If you do, you won't last long."

With all but one of the day's 13 games complete, there were no cringe-inducing hits to replay on

O
No players were penalized for illegal hits to the head over the 12 afternoon games, giving the league every reason to believe its message got through.

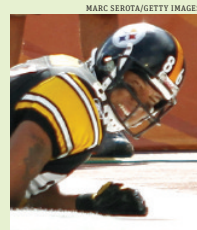
the highlight shows — nothing the likes of what James Harrison, Brandon Meriweather and Dunta Robinson delivered last weekend in a spate of vicious plays that brought about hundreds of thousands of dollars in fines, along with repeated re-

mindings that the league would be watching more closely from now on.

By sending out its various warnings — a memo from commissioner Roger Goodell, a video showing can- and can't-dos, lists sent to coaches letting them know which players have multiple unnecessary roughness penalties — the NFL is looking for more certainty in a sport that has many shades of grey.

"I've seen a change in players' behaviour in one week," NFL officiating chief Carl Johnson was quoted as telling Peter King on NBC's Football Night in America.

THE ASSOCIATED PRESS

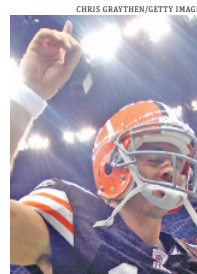


Steelers 23, Dolphins 22

The officials eventually got it right that Ben Roethlisberger fumbled at the goal-line. The Dolphins were still left feeling wronged yesterday.

An officiating mistake negated Roethlisberger's late fumble, and the Steelers kicked the game-winning field goal on the next play.

Jeff Reed made an 18-yarder with 2:30 left, allowing Pittsburgh to escape with a win.



Browns 30, Saints 17

David Bowens returned two of Drew Brees' four interceptions for touchdowns and the Browns stunned the defending champion Saints.

Rookie Colt McCoy passed for only 74 yards but got his first win as an NFL starter — a desperately needed one for the struggling Browns (2-5).



Ravens 37, Bills 34 OT

The Bills came close, but Billy Cundiff kicked a 38-yard field goal with 10:57 left in overtime after Ray Lewis stripped the ball from tight end Shawn Nelson, and Baltimore squeezed past winless Buffalo (0-6).

Joe Flacco threw three touchdown passes for the Ravens, who survived an uncharacteristic performance by a defence that was shredded for 505 yards. THE ASSOCIATED PRESS

Favre copped to voice mails: Report



► Brett Favre

Brett Favre reportedly admitted leaving voice mails for the former New York Jets game hostess to whom a website reports he also sent lewd photos.

Fox Television's Jay Glazer reported yesterday that Favre told league investigators earlier this week he left phone messages for Jenn Sterger, who worked

for the Jets in 2008 when Favre was their quarterback.

Fox did not say who provided the information. The NFL said it is not commenting on details of the investigation.

Glazer also reported Favre denied sending Sterger inappropriate photos.

The NFL is investigating

a Deadspin report earlier this month that Favre sent the racy photos to Sterger two years ago. Sterger, now an on-air personality for Versus, has not co-operated with the league yet, but her manager, Phil Reese, told The Associated Press yesterday that could happen soon.

THE ASSOCIATED PRESS



Scan code for more sports

NHL

EASTERN CONFERENCE

	GP	W	L	OTL	SL	GF	GA	Pts	Home	Away	Last 10	Strk
d-Tampa Bay	8	5	2	1	0	27	27	11	2-1-0	3-1-0	5-2-1-0	L1
d-Pittsburgh	9	5	3	1	0	27	20	11	2-3-0	3-0-1	5-3-1-0	L1
d-Toronto	7	4	2	1	0	20	18	9	2-1-1-0	2-1-0	4-2-1-0	L3
Washington	8	5	3	0	0	23	21	10	4-1-0	2-1-0	5-3-0-0	W1
NY Islanders	8	4	2	1	1	26	23	10	2-0-0-1	2-2-1-0	4-2-1-1	L1
NY Rangers	7	4	2	1	0	22	20	9	1-1-1-0	3-1-0	4-2-1-0	W1
Montreal	7	4	2	1	0	17	16	9	1-1-1-0	3-1-0	4-2-1-0	W1
Boston	6	4	2	0	0	18	11	8	1-2-0-0	3-0-0	4-2-0-0	L1
Carolina	7	4	3	0	0	21	21	8	1-0-0-0	3-3-0	4-3-0-0	W1
Philadelphia	7	3	3	1	0	18	19	7	2-3-0-0	1-0-1	3-3-1-0	W1
Atlanta	8	3	4	1	0	23	29	7	1-2-0-0	2-2-1-0	3-4-1-0	L3
Buffalo	9	3	5	1	0	24	24	7	0-4-1-0	2-2-0	3-5-1-0	W1
Florida	6	3	3	0	0	17	12	6	2-1-0-0	1-2-0	3-3-0-0	W1
Ottawa	8	2	5	1	0	16	26	5	1-2-0-0	1-3-1-0	2-5-1-0	L1
New Jersey	9	2	6	1	0	15	30	5	0-4-1-0	2-2-0	2-6-1-0	L2

WESTERN CONFERENCE

	GP	W	L	OTL	SL	GF	GA	Pts	Home	Away	Last 10	Strk
d-Nashville	8	5	0	0	0	21	17	13	2-0-3-0	3-0-0-0	5-0-3-0	W2
d-Dallas	7	5	2	0	0	24	17	10	2-1-0-0	3-1-0-0	5-2-0-0	L1
d-Calgary	8	5	3	0	0	21	17	10	3-1-0-0	2-2-0-0	5-3-0-0	W2
Detroit	7	5	1	0	1	23	18	11	3-0-0-1	2-1-0-0	5-1-0-1	W4
Chicago	10	5	4	1	0	29	28	11	3-3-0-0	2-1-1-0	5-4-1-0	L2
Los Angeles	7	5	2	0	0	22	17	10	3-0-0-0	2-2-0-0	5-2-0-0	W1
St. Louis	7	4	1	1	1	19	14	10	4-0-0-0	0-1-1-1	4-1-1-1	W2
Columbus	7	4	3	0	0	18	21	8	2-2-0-0	2-1-0-0	4-3-0-0	W1
Colorado	8	4	4	0	0	25	29	8	1-2-0-0	3-2-0-0	4-4-0-0	L2
Vancouver	8	3	3	0	2	20	21	8	0-3-0-1	0-3-0-1	3-3-0-2	W1
Minnesota	7	3	3	0	1	21	20	7	2-2-0-0	1-1-0-1	3-3-0-1	L1
San Jose	7	3	3	1	0	19	21	7	1-2-0-0	2-1-1-0	3-3-1-0	L1
Anaheim	9	3	5	0	1	21	33	7	2-0-0-1	1-5-0-0	3-5-0-1	L1
Phoenix	6	2	2	2	0	15	16	6	1-1-1-0	1-1-0-0	2-2-2-0	L1
Edmonton	6	2	4	0	0	15	21	4	2-2-0-0	0-2-0-0	2-4-0-0	L4

d — division leaders ranked 1-2-3 regardless of points; a team winning in overtime or shootout is credited with two points and a victory in the W column; the team losing in overtime or shootout receives one point which is registered in the OTL (overtime loss) or SL (shootout loss) column.

Last night's results

Nashville 4 Tampa Bay 3
N.Y. Rangers 3 New Jersey 1
Calgary 4 San Jose 0

Saturday's results

Montreal 3 Ottawa 0
Philadelphia 5 Toronto 2
San Jose 6 Edmonton 1
Buffalo 6 New Jersey 1
Carolina 4 Phoenix 3 (OT)
Columbus 3 Chicago 2
Detroit 5 Anaheim 4

FLAMES 4, SHARKS 0

First Period

1. Calgary, Bourque 5 (Hagman, Morrison)
4:12 (pp)
2. Calgary, Iginla 2 (Tanguay, White) 6:01
3. Calgary, Conroy 2 (Meyer, Jackman) 8:36
4. Calgary, Bourque 6 (Tanguay, Stajan) 11:47

Penalties — Pavelski SJ (tripping) 3:31, Clowe SJ, Jackman Cal (fighting) 8:36, Mitchell SJ (hooking) 13:00.

Second Period

No Scoring.
Penalties — Niittymäki SJ (delay of game; served by Mayers) 2:36, Heatley SJ (slashing) 8:53, Jokinen Cal (interference) 13:15, Wallin SJ (delay of game) 17:09, Glencross Cal (hooking) 19:43.

Third Period

No Scoring.

Penalties — Heatley SJ (tripping) 4:50.

Shots on goal by

San Jose 6 12 9 27
Calgary 14 10 6 30

Goal (shots-saves) — San Jose: Niemi (L, 1-3-0) 5-2, Niittymäki (8-36 first, 25-24); Calgary: Kiprusoff (W, 4-3-0). **Power plays (goals-chances)** — San Jose: 0-2; Calgary: 1-6.

Att. — 19,289 (19,289) at Calgary.

LATE SATURDAY

SHARKS 6 AT OILERS 1

First Period

1. Edmonton, Eberle 2 (Horcoff, Whitney) 1:22 (sh)
2. San Jose, Heatley 2 (Pavelski, Thornton) 16:34 (pp)

Penalties — Gagner Edm (goaltender interference) 0:53, Brule Edm (hooking) 15:24, De-

mers SJ (high-sticking) 17:19, Brule Edm (holding) 17:19.

Second Period

3. San Jose, Couture 3 (McGinn) 12:46
4. San Jose, Pavelski 3 (Heatley, Thornton) 18:51 (pp)

Penalties — Nichol SJ (interference) 3:03, Setoguchi SJ (boarding) 5:17, Foster Edm (slashing) 5:46, Wallin SJ (hooking) 8:48, Mayers SJ (instigating, fighting, misconduct), Stortini Edm (fighting) 13:05, Hall Edm (tripping) 18:12.

Third Period

5. San Jose, Clowe 2 (Pavelski) 4:29
6. San Jose, Boyle 1 (Thornton) 4:49 (pp)
7. San Jose, McCarthy 1 (Mitchell, Huskins) 14:45

Penalties — Vandermere Edm (slashing) 4:45, Demers SJ (holding) 9:05.

Shots on goal by

San Jose 8 13 13 34
Edmonton 6 7 9 22

Goal — San Jose: Niittymäki (W, 2-0-1); Edmonton: Khabibulin (L, 2-4-0). **Power plays (goals-chances)** — San Jose: 3-5; Edmonton: 0-5. **Att.** — 16,839 (16,839) at Edmonton.

SCORING LEADERS

	G	A	PT
Stamkos, TB	8	7	15
Sharp, Chi	8	3	11
Hossa, Chi	7	4	11
D.Sedin, Vcr	7	4	11
Crosby, Pgh	6	5	11
Getzlaf, Ana	3	8	11
C.Stewart, Col	5	5	10
Zetterberg, Det	3	7	10
B.Richards, Dal	2	8	10
Liles, Col	0	10	10
H.Sedin, Vcr	0	10	10
Horton, Bos	5	4	9

MLB

2010 POSTSEASON

LEAGUE CHAMPIONSHIP SERIES

AMERICAN LEAGUE

(Texas wins series 4-2)

NATIONAL LEAGUE

(San Francisco wins series 4-2)

Saturday's result

San Francisco 3 Philadelphia 2

WORLD SERIES

Wednesday's game

(All times Eastern)

Texas (Lee 12-9) at San Francisco (Linccum

16-10), 7:57 p.m.

Thursday's game

Texas at San Francisco, 7:57 p.m.

Saturday's game

San Francisco at Texas, 6:57 p.m.

Sunday's game

San Francisco at Texas, 8:20 p.m.

LATE SATURDAY

GIANTS 3, PHILLIES 2

San Francisco	ab	r	h	b	Philadelphia	ab	r	h	b
Atencof	5	0	3	0	Rollins ss	4	0	1	0
Rownd cf	0	0	0	0	Polanco 3b	3	1	0	0
Schultz 2b	4	0	3	0	Waldt pr	0	0	0	0
A.Huff 1b	4	1	1	1	Utley 2b	3	1	1	1
Posey c	4	0	0	0	Howard 1b	5	0	2	0
Burrell lf	4	0	1	0	Werth rf	2	0	0	1
Linccm p	0	0	0	0	Victorf cf	4	0	2	0
BrWlson p	1	0	0	0	Ibanez lf	4	0	2	0
Cross rf	4	0	1	0	CRuz c	3	0	0	0
Uribe 3b	3	1	1	1	Oswalt p	2	0	0	0
Renteria ss	4	0	0	0	BFrancis ph	1	0	0	0
Affeldt p	1	1	1	0	Madsen p	0	0	0	0
Fontenot p	0	0	0	0	Lidge p	0	0	0	0
Bmgnr p	0	0	0	0	Gload ph	1	0	0	0

Totals 37 313 2 **Totals** 32 2 8 2
San Francisco 002 000 010 3
Philadelphia 200 000 000 2

E—Polanco (1). DP—San Francisco 11, Philadelphia 2. LOB—San Francisco 11, Philadelphia 11. 2B—F.Sanchez (1), C.Ross (3), Utley (1), Howard (4), Ibanez (1). HR—Uribe (1). S—F.Sanchez, C.Ruiz. SF—Worth.

San Francisco	IP	H	R	ER	BB	SO
J.Sanchez	2	3	2	2	2	1
Affeldt	2	0	0	0	0	2
Bumgarner	2	3	0	0	1	1
J.Lopez W, 1-0	1	0	0	0	1	1
Linccum W, 1-1	1-3	2	0	0	0	1
BrWlson S, 3-3	12-3	0	0	0	2	1

Philadelphia
Oswalt 6 9 2 1 0 5
Madsen L, 0-1 2 2 1 1 3 3
Lidge 1 2 0 0 1 2
T—3-41. A—46,062 (43,651) at Philadelphia.

TRANSACTIONS

BASEBALL

MLB

AMERICAN LEAGUE

OAKLAND ATHLETICS—Announced pitching coach Curt Young did not accept the team's contract offer for 2011.

BASKETBALL

NBA

NEW YORK KNICKS—Exercised their fourth-year contract options on F Danilo Gallinari, F Anthony Randolph and G Toney Douglas.

HOCKEY

NHL

CAROLINA HURRICANES—Reassigned D Brett Carson to Charlotte (AHL).

CHICAGO BLACKHAWKS—Assigned F Evan Brophy to Rockford (AHL).

NEW YORK RANGERS—Called up RW Jeremy Williams from Hartford (AHL).

CFL

WEEK 17

EAST DIVISION

	GP	W	L	T	PF	PA	Pt
y-Montreal	16	11	5	0	480	403	22
x-Saskatchewan	16	9	7	0	436	372	18
x-Toronto	16	8	8	0	313	401	18
Winnipeg	16	4	12	0	419	434	8

WEST DIVISION

	GP	W	L	T	PF	PA	Pt
y-Calgary	16	11	5	0	536	403	22
x-Saskatchewan	16	9	7	0	449	442	18
Edmonton	16	6	10	0	345	501	12
B.C.	16	6	10	0	420	428	12

x — clinched playoff berth.

y — clinched division title.

Saturday's results

Edmonton 39 Saskatchewan 24

Toronto 27 Winnipeg 8

Friday's results

B.C. 36 Calgary 31

Hamilton 40 Montreal 3

WEEK 18

Friday, Oct. 29

(All times Eastern)

Montreal at Toronto, 7 p.m.

Hamilton at Calgary, 10 p.m.

Saturday, Oct. 30

Winnipeg at Edmonton, 7 p.m.

Sunday, Oct. 31

Saskatchewan at B.C., 5 p.m.

TORONTO — Unofficial CFL scoring leaders' following Saturday's games (x — scored two-point convert):

SCORING LEADERS

	TD	C	FG	S	Pts
Mayer, Cal	0	60	31	3	156
McCallum, BC	0	29	40	6	155
Duval, Mtl	0	37	30	12	139
DeAngelis, Ham	0	39	31	3	135
Consi, Sask	0	41	26	2	121
Prefontaine, Edm-Tor	0	28	24	8	108
Cates, Sask	15	0	0	0	90
Shaw, Tor	0	18	19	6	81
Palardy, Ham-Wpg	0	18	16	7	73
T.Edwards, Wpg	12	0	0	0	72
Bryant, Cal	11	0	0	0	66
x-Cobb, Ham	10	2	0	0	62</

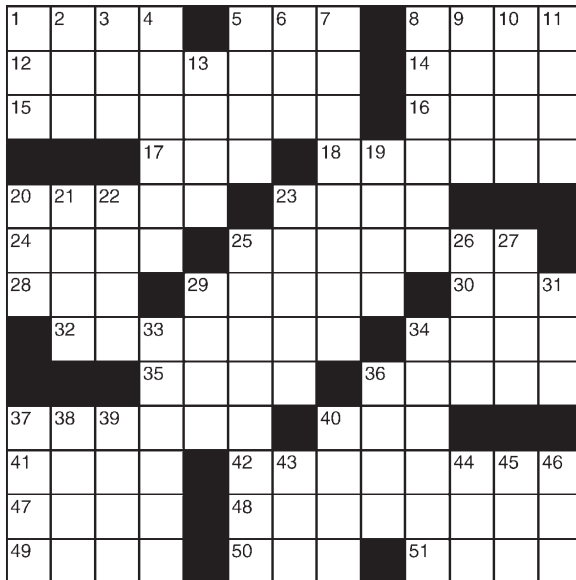
Crossword

Across

1 Burden
5 "— a real nowhere man, ..."
8 Call partner
12 Irritating
14 Christmas
15 Tricycle's kin
16 Black and white
17 Father
18 Motorcycle sounds
20 Burn with steam
23 Mythical man-goat
24 Sea eagle
25 "Who cares?"
28 Humour
29 Unable to escape
30 Suitcase
32 "Sesame Street" resident
34 Relinquish
35 Risque
36 Lecherous fellow
37 Comment
40 Spring mo.
41 Portent
42 New York City
47 Autograph
48 Church recitation
49 Remain
50 A Kennedy brother
51 Missing

Down

1 Science workshop
2 Sapporo sash
3 S.A. nation
4 Waste time
5 Didn't waste time
6 Previous night
7 Having a woven

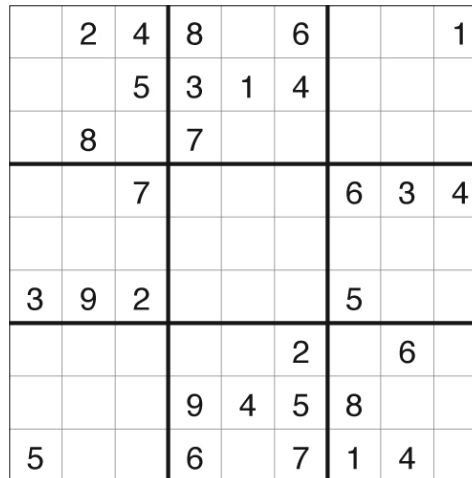


edge
8 Past
9 Continental money
10 No blabbermouth
11 Jailer's janglers
13 Roe provider
19 "The 40 Year Old Virgin" actor Paul
20 Stitch
21 Home, slangily
22 Opposed
23 Inflamed
25 Insult
26 Help hoods
27 "— and the Tramp"
29 Ski-lift type
31 Eur. country
33 "Beverly Hillbilly" role
34 Wrist-related
36 Unwanted e-mail
37 Colonial flag-maker
38 Send forth
39 Humongous
40 Old
43 "— Got a Secret"
44 Expert
45 Fleur-de-
46 Dine

Yesterday's answer



Sudoku



How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's answer ▶

7	9	3	2	8	4	6	5	1
4	5	2	6	1	9	3	7	8
8	1	6	7	5	3	9	2	4
9	8	7	4	6	1	5	3	2
1	3	4	9	2	5	7	8	6
2	6	5	3	7	8	4	1	9
6	2	1	5	9	7	8	4	3
3	7	9	8	4	2	1	6	5
5	4	8	1	3	6	2	9	7

A look at the weather

TODAY
Min -2°
Max 1°

TUESDAY
Min -7°
Max 1°

WEDNESDAY
Min -8°
Max 4°

Michele McDougall
Weather Specialist

"My favourite part is reporting the weather. It fascinates me, and as we know around here, it's always changing, keeping forecasters on their toes". WEEKDAYS 6AM



Today's horoscope

♈ Aries March 21-April 20 If you start the week in a panic you will regret it by midweek. You may be under the impression that if you don't get certain things finished now they won't get done at all but that's simply not true. Stay calm.

♉ Taurus April 21-May 21 You have made more than enough sacrifices in recent weeks and anyone who wants you to make more must be told in no uncertain fashion that you've done all you are going to do for them.

♊ Gemini May 22-June 21 You need to deal with relationship problems now — and that means right this very minute. If you don't there will be a rather messy clash of egos.

♋ Cancer June 22-July 22 Make the most of the next few days to get your daily routine in some kind of order, because if you don't you will be snowed under with work.

♌ Leo July 23-Aug. 23 This should be a highly productive time for you, but take care you don't agree to things you might regret later. Even a Leo has to pick and choose between commitments. You cannot do everything, nor should you want to.

♍ Virgo Aug. 24-Sept. 22 Make time for other people today, especially those people whose help and assistance have been invaluable to you in the past. You may need to call on them again this week, so be nice.

For today's crossword answers and for expanded horoscopes, go to metronews.ca

♎ Libra Sept. 23-Oct. 23 Stick to what comes easy to you today because if you tackle challenges that are beyond your area of expertise you could get yourself in a serious muddle.

♏ Scorpio Oct. 24-Nov. 22 How do you change your life for the better? Have you considered that the best way might be to change nothing at all? If you leave well alone, everything will turn out for you just right.

♐ Sagittarius Nov. 23-Dec. 21 Do you give in to others' demands for the sake of a peaceful life, or do you stand up for yourself? Only you can decide but later in the week you'll be a lot more assertive.

♑ Capricorn Dec. 22-Jan. 20 If you are not 100 per cent sure that what a friend is proposing is in your best interests then give it a miss. You don't have to go along with their plans just to please them.

♒ Aquarius Jan. 21-Feb. 18 You may have encountered opposition on the work front from your employer or a senior colleague but today's Mercury-Venus link will help you win them round.

♓ Pisces Feb. 19-March 20 What you are faced with today is essentially a practical problem, so keep your emotions out of it. You have a good head on your shoulders. Use it.

SALLY BROMPTON

Caption contest



WIN! You write it!

Write a funny caption for the image to the right and send it to play@metronews.ca — the winning caption will be published in tomorrow's Metro.



"ONE OF THE BEST NEWS APPS"

"Really cool. Lets you read articles offline too!" — Real user review
The free Metro Canada application is available on the App Store.

Don't have an iPhone or iPod touch? Visit m.metronews.ca for news on the move.

Available on the
App Store

metronews.ca



CANADA'S HOTTEST MODELS EDMONTON'S HOTTEST DEALS

DON'T MISS OUT ON THESE INDUSTRY LEADING SAVINGS AND INCENTIVES

OVER 800 NEW VEHICLES TO CHOOSE FROM OVER 500 USED VEHICLES TO CHOOSE FROM ALL AT ONE LOCATION

► **NEW TRUCKS 780.435.3612** ► **NEW CARS 780.435.3611**



2011 Dodge 1/2 Ton Crew Cab #BRT13799 *Free Dealer Rewards*
\$24,588
\$137 bw

0% APR OAC



2011 Jeep Grand Cherokee #BGH3389 *Free Dealer Rewards*
\$37,988 | **\$208 bw**

0% APR OAC



2010 Dodge Journey #AJN9877 *Free Dealer Rewards*
\$19,988 | **\$111 bw**

0% APR OAC



2011 Dodge 1/2 Ton Quad Cab #BR15816 *Free Dealer Rewards*
\$23,988 | **\$133 bw**

0% APR OAC



2011 Dodge 1/2 Ton 4x4 #BR12533 *Free Dealer Rewards*
\$22,988 | **\$128 bw**

0% APR OAC



2010 Dodge Grand Caravan #AGC0327 *Free Dealer Rewards*
\$21,488 | **\$119 bw**

0% APR OAC



2010 Dodge Charger #ACH8984 *Free Dealer Rewards*
\$22,988 | **\$126 bw**

0% APR OAC



2010 Dodge Avenger #AAV5372 *Free Dealer Rewards*
\$20,988 | **\$117 bw**

0% APR OAC

Derrick Dodge will beat any other dealer's price (all dealer fees included) upon presentation of competitor's contract signed by authorized personnel. Price must be based on equally-equipped vehicle of the same model year. Derrick Dodge must have the opportunity to beat the deal. See dealer for details.

Vehicles may not be exactly as illustrated. Advertised prices reflect all rebates to dealer, includes fees and one plus taxes. Payments based on 84 mth terms, 2.75% APR plus GST and 10% down payment. \$0 down payment available. E.G.: 2010 Dodge Caliber ACB334; Sale price \$13,988; 84 mth payments \$78 bi-weekly. Cost of borrowing \$1,321. All payments are OAC. *Dealer Rewards: For every dollar spent after the purchase 10 cents (10%) will be earned for use towards future service, parts and vehicle purchases. See dealer for details. Derrick Dodge will beat any other dealer's price (all fees included) upon presentation of a valid competitor's offer on an equally equipped same model year vehicle. See dealer for details.

Where There is Volume... There is Value! Excellent Selection... at Low Prices

WHY BUY AT THE DERRICK DODGE USED TRUCK CENTRE?

- Dedicated sales staff that know and only sell used trucks!
- A dedicated used truck facility to serve you best.
- Over 170 used trucks in stock, including 45 diesels!

USED TRUCKS			USED CARS			
<div><div><div>\$ SALE PRICE</div></div><div>SPECIAL PRICED PROGRAM TRUCKS</div><div> 2009 Dodge Dakota Crew Cab 4x4 SXT #0944395A MSRP was \$37,615, Discount \$17,627 \$19,988 <small>SALE PRICE</small></div></div>	<div><div> 2007 GMC Canyon Ext Cab #0720279 \$10,988</div></div>	<div><div> 2007 Dodge 1/2 Ton Quad Cab 4x4 SRT #0714981 \$16,988</div></div>	<div><div> 2004 Hyundai Santa Fe GL AWD #0421355 \$8,988</div></div>	<div><div> 2005 Chrysler PT Cruiser Convertible Touring #0511255 \$8,988</div></div>	<div><div> 2009 Chev Cobalt Sedan #0948385 \$8,988</div></div>	
1/2 PRICE PROGRAM VEHICLES						
<div><div> 2005 Ford 3/4 Ton Crew Cab 4x4 Lariat Diesel #0510702 \$20,988</div></div>	<div><div> 2009 Ford 1/2 Ton Supercrew 4x4 XLT #0914006 \$22,988</div></div>		<div><div><div>7% SALE PRICE</div> 2009 Chrysler PT Cruiser #0940516, MSRP was \$24,845, Discount \$15,857 \$8,988 <small>SALE PRICE</small></div></div>	<div><div><div>17% SALE PRICE</div> 2009 Dodge Grand Caravan SXT N Go #0942006, MSRP was \$31,770, Discount \$15,782 \$15,988 <small>SALE PRICE</small></div></div>	<div><div> 2009 Smart For Two Passion #0911628 \$9,988</div></div>	<div><div> 2006 Ford Escape 4x4 #0654720 \$10,988</div></div>
<div><div> 2008 Chev 1/2 Ton Crew Cab 4x4 Silverado #0820861 \$21,988</div></div>	<div><div> 2009 Ford 1/2 Ton Supercrew 4x4 XLT #0914006 \$22,988</div></div>		<div><div> 2009 Chrysler PT Cruiser #0940516, MSRP was \$24,845, Discount \$15,857 \$8,988 <small>SALE PRICE</small></div></div>	<div><div> 2009 Dodge Grand Caravan SXT N Go #0942006, MSRP was \$31,770, Discount \$15,782 \$15,988 <small>SALE PRICE</small></div></div>	<div><div> 2008 Jeep Compass #0810195 \$12,988</div></div>	<div><div> 2007 Jeep Patriot Sport 4x4 #0723395 \$12,988</div></div>
<div><div> 2009 Dodge 3/4 Ton Mega Cab 4x4 SXT #0922588 \$23,988</div></div>	<div><div> 2008 Toyota Tacoma Access Cab 4x4 SR5 #0821300 \$24,988</div></div>	<div><div><div>8% SALE PRICE</div> 2009 Dodge Avenger SE #0944145, MSRP was \$23,995, Discount \$12,007 \$11,988 <small>SALE PRICE</small></div></div>	<div><div><div>11% SALE PRICE</div> 2010 Jeep Grand Cherokee Limited 4x4 #1022705, MSRP was \$34,595, Discount \$24,107 \$31,988 <small>SALE PRICE</small></div></div>		<div><div> 2005 Subaru Legacy GT AWD #0515836 \$13,988</div></div>	<div><div> 2006 Chrysler 300C AWD #0627295 \$15,988</div></div>
<div><div> 2007 Dodge 1 Ton Quad Cab 4x4 SRT Diesel #0720266 \$25,988</div></div>	<div><div> 2007 Ford Expedition Limited 4x4 #0747193 \$29,988</div></div>	<div><div> 2009 Dodge Avenger SE #0944145, MSRP was \$23,995, Discount \$12,007 \$11,988 <small>SALE PRICE</small></div></div>	<div><div>Special Price Program Jeeps</div></div>		<div><div> 2008 Dodge Caliber SRT4 #0815993 \$16,988</div></div>	<div><div> 2008 Chrysler Sebring Convertible #0813248 \$19,988</div></div>
<div><div> 2009 GMC Yukon 4x4 SLE #0944623 \$30,988</div></div>	<div><div> 2008 Dodge 3/4 Ton Quad Cab 4x4 Laramie Diesel #0818448 \$34,988</div></div>	<div><div> 2007 Cadillac Escalade EXT AWD TV/DVD #0724509 \$38,988</div></div>	<div><div> 2010 Ford Mustang GT Convertible #1025250 \$32,988</div></div>	<div><div> 2003 Mercedes CL600 AMG #0317222 \$33,988</div></div>	<div><div> 2009 Nissan 370Z Touring #0916647 \$33,988</div></div>	

► **USED TRUCKS 780.435.3613** ► **USED CARS 780.435.3610**

Derrick Dodge Chrysler Jeep on the corner of Argyll Road & Calgary Trail South
www.derrickdodge.com **Quick Credit Approval Is Just A Phone Call Away**

HURRY! OFFERS END SOON

AIR MILES® SUPER BONUS EVENT



SAFeway

October 23-29, spend \$100, earn

10x the
AIR MILES
reward miles[†]

Minimum purchase required. See coupon for details.

Visions
ELECTRONICS
Your Best Price!

October 21 – November 3, purchase any
32" or larger flat panel TV, earn

50 BONUS
AIR MILES
reward miles^{††}

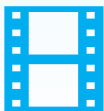
See flyer for details.

THE CHILDREN'S
PLACE

Spend \$150, earn

10 BONUS
AIR MILES
reward miles^{†††}

No coupon required. See offer details.



THAT'S LOTS OF REWARD MILES CLOSER TO
A CINEPLEX MOVIE PACKAGE FOR TWO,
STARTING FROM 175 REWARD MILES.*



MORE WAYS TO EARN. MORE REWARD OPTIONS.
GET MORE FROM AIR MILES®.

For more information, go to airmiles.ca/superbonusevent

[†]From October 23, 2010 to October 29, 2010. See in-store for details. ^{††}50 Bonus AIR MILES reward miles valid with the purchase of any make/model flat panel TV sized 32" and up. Offer ends November 3, 2010. This 50 BONUS AIR MILES reward miles and standard AIR MILES reward miles have no cash surrender value. This Bonus offer cannot be applied against previous purchases. This offer cannot be combined with any other discount or offer. Valid at all Visions Electronics Store locations in Manitoba, Saskatchewan, Alberta, BC and on www.visions.ca. ^{†††}Offer is valid until November 30, 2010 in Alberta and British Columbia locations when you present your Collector Card at time of purchase. The Children's Place reserves the right to change or cancel the offer at any time. Reward miles are earned for each qualifying purchase of \$150 or more net of refunds and exclusive of taxes, discounts and gift card purchases. Purchases made before August 30, 2010 do not qualify for the offer. No coupon required. *All Rewards offered are subject to the Terms and Conditions of the AIR MILES Reward Program, are subject to change and may be withdrawn without notice. Some restrictions apply. Quantities may be limited. See www.airmiles.ca for details. ^{®/™}Trademarks of AIR MILES International Trading B.V. Used under license by LoyaltyOne, Inc. Sponsor trademarks are owned by the respective Sponsors or authorized for their use in Canada.



SPEAKS FUEL EFFICIENCY IN 60 LANGUAGES.

Tested around the world to provide best-in-class fuel efficiency in your world: 5.0 L / 100 HWY KM. Better than Civic, Corolla and Mazda3.*

STARTING FROM
\$14,995^{††} MSRP



CHEVROLET.CA

DON'T JUST DRIVE.
CRUZE
The All-New 2011 Chevrolet Cruze.

*Fuel consumption ratings for 2011 Cruze ECO with 6-speed manual transmission based on preliminary CM testing in accordance with approved Transport Canada test methods. Competitive data based on Natural Resources Canada's 2010 Fuel Consumption Guide and WardsAuto.com 2010 Upper Small segment. Your actual fuel consumption may vary. Excludes hybrid and diesel models. Production begins November 2010. ††Manufacturer's Suggested Retail Price for base model. Freight, licence, insurance, registration, fees associated with filing at moveable property registry/PPSA administration fees, duties and taxes not included. Dealers are free to set individual prices. See dealer for details.

